



# Special Education Teacher



How To Manage An Outburst

By: Ashlyn Szabo

A horizontal bar at the bottom of the page, divided into four colored segments: yellow, red, green, and blue.



# Understand Student's Needs



STEP 1



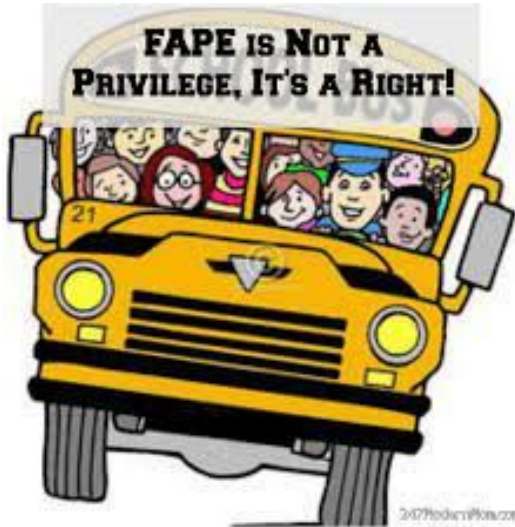
## IEP Planning Form - Sample

IEP Objectives	Regular Class Activities							
	Arrival	Journal Writing	Recess	Language Arts	Lunch	Physical Education	Social Studies	Science
Develop Social Skills	Practice greeting people by name	Use communication book with teacher approval	Participate in organized games	Take part in co-op reading group	Practice courtesy rules during eating and socializing	Practice taking turns	Work at center with peer helper	Work at center with peer helper
Improve Decision Making	Choose place in line	Pick topic from communication book	Pick between two games	Choose book for group to read	Decide order to eat food	N/A	Decide between two centers	Decide between two centers
Staying on task	Complete routine of storing belongings	Stay on task for 10 minutes	Stay with the game chosen	Remain in groups during activity	Finish lunch and remain seated for 15 minutes	Stay in group for activity	Stay in each center for at least 10 minutes	Stay in each center for at least 10 minutes
Participating in Group Activities	Enter with classmates	N/A	Play with classmates	Answer questions about story	Help with clean-up groups	Play with peers	Peer pairs	Peer pairs
Lengthen Interacting Behavior	Extend greeting to interaction with communication book	Connect communication from two pages in the communication book	Stay with game as long as peers do	Use more than one page in book to answer questions	N/A	Practice gesture communication with peers in group	Increase peer sessions to 15 minutes	Increase peer sessions to 15 minutes

## IEP Individualized Education Plan

- Productive  
learning  
environment

# Q FAPE



## FAPE

Free and Appropriate  
Public Education

- Meet needs of students



# Avoid Conflict



STEP 2

# What is an Outburst?



**“Sudden release of strong emotion”**

- Oxford English Dictionary

# Calm down student



“Try to calm the student  
down”

- Nicole Messick

- Lightly squeeze up  
and down arm

- Count out loud



# Avoid



## Eye contact

- Want attention
- Act out more

## Physical Touch

- Elevate situation
- Only when necessary





# Understand Rules



STEP 3

# Rules



## Different Treatment

- Prohibited
- Violation of Section 504

## 15 Principles

- Discipline
- Restraint/seclusion



# Restraint and Seclusion



STEP 4

# 2 Types of Restraint



## Physical

- Personal
- Permitted

## Mechanical

- Device/equipment
- Not permitted

# Seclusion



## Prohibited

- Involuntary
- Student can not exit

## Allowed

- Voluntary
- Student can exit



 **Restraint**



**STEP 5**

# 3 Physical Restraints



## Restraint 1

Prone Hold

## Restraint 2

Basket Hold

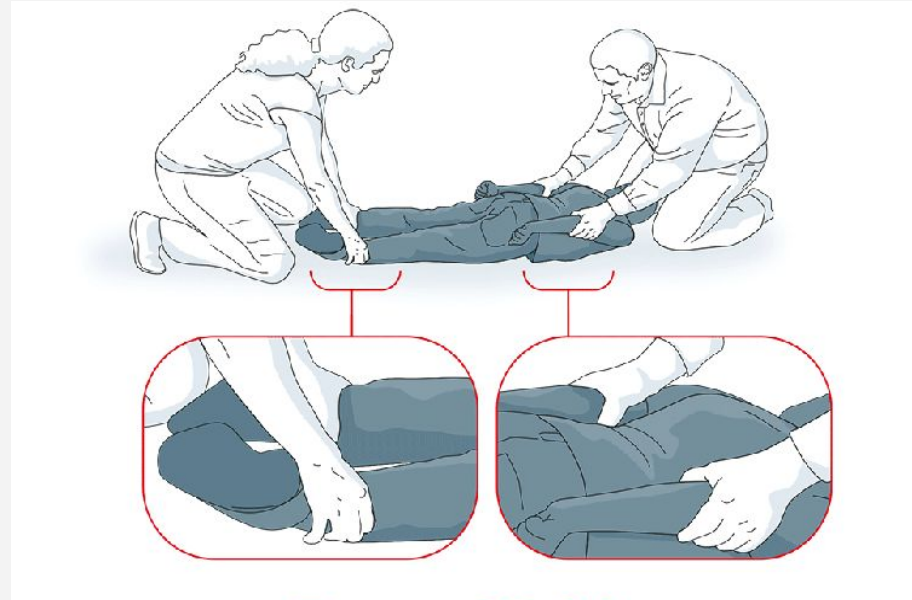
## Restraint 3

Supine Hold

# Prone Hold



- Student face down
- Pressure on ankles
- Arms pinned to side

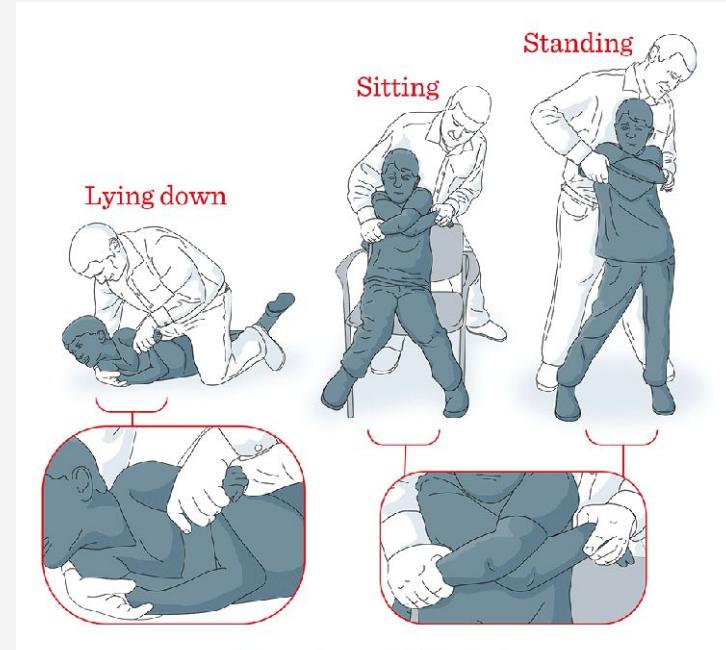




# Q Basket Hold



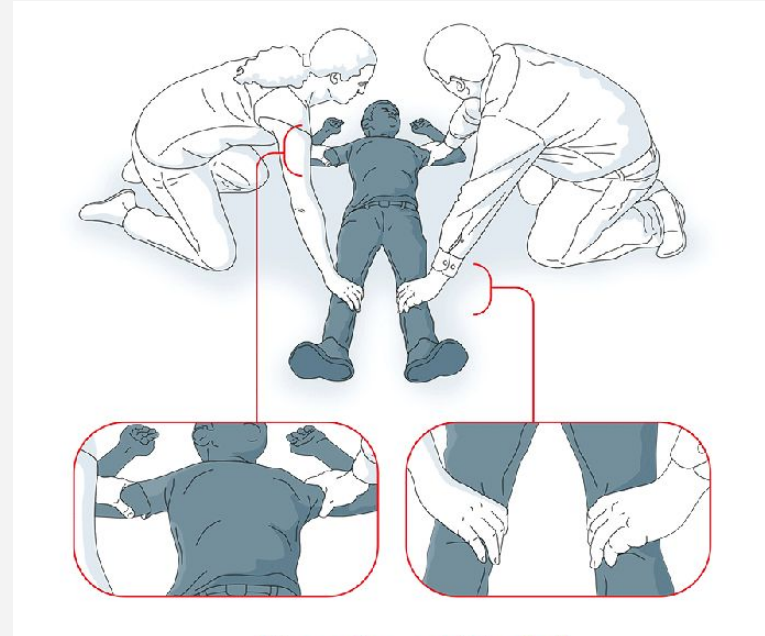
- Student faced away
- Arms held behind back at wrists
- Standing, sitting, or laying down



# Supine Hold



- Student faced forward
- Pressure on biceps
- Pressure on knees





# Thank You!



Any questions?

Ashlyn Szabo

714-625-1911

ashlynkszabo@gmail.com

A horizontal bar at the bottom of the slide, divided into four colored segments: yellow, red, green, and blue.