

The Rage Gauge

Level-Based Strategies for an Escalation Continuum



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Emotional Responding: At this level it's important to ensure safety. If you need a minute to regulate yourself, take it. Otherwise, remain in proximity to keep safe, and to communicate that you, as the adult, can handle the emotions. Model coping strategies like deep breathing.

Tantrum: It's important to remember that in this level of upset, kids are often becoming less logical, and it's not intentional.

- Remove them from other people if you can
- keep your language short and simple
- set boundaries

Low level upset: Validate feelings and give options. Sometimes just feeling heard is enough to move them out of the frustrated feelings and back to calm.

The Shift - Keep TABS: watch your Tone, your Affect, and Bring attention to something other than their emotions.