

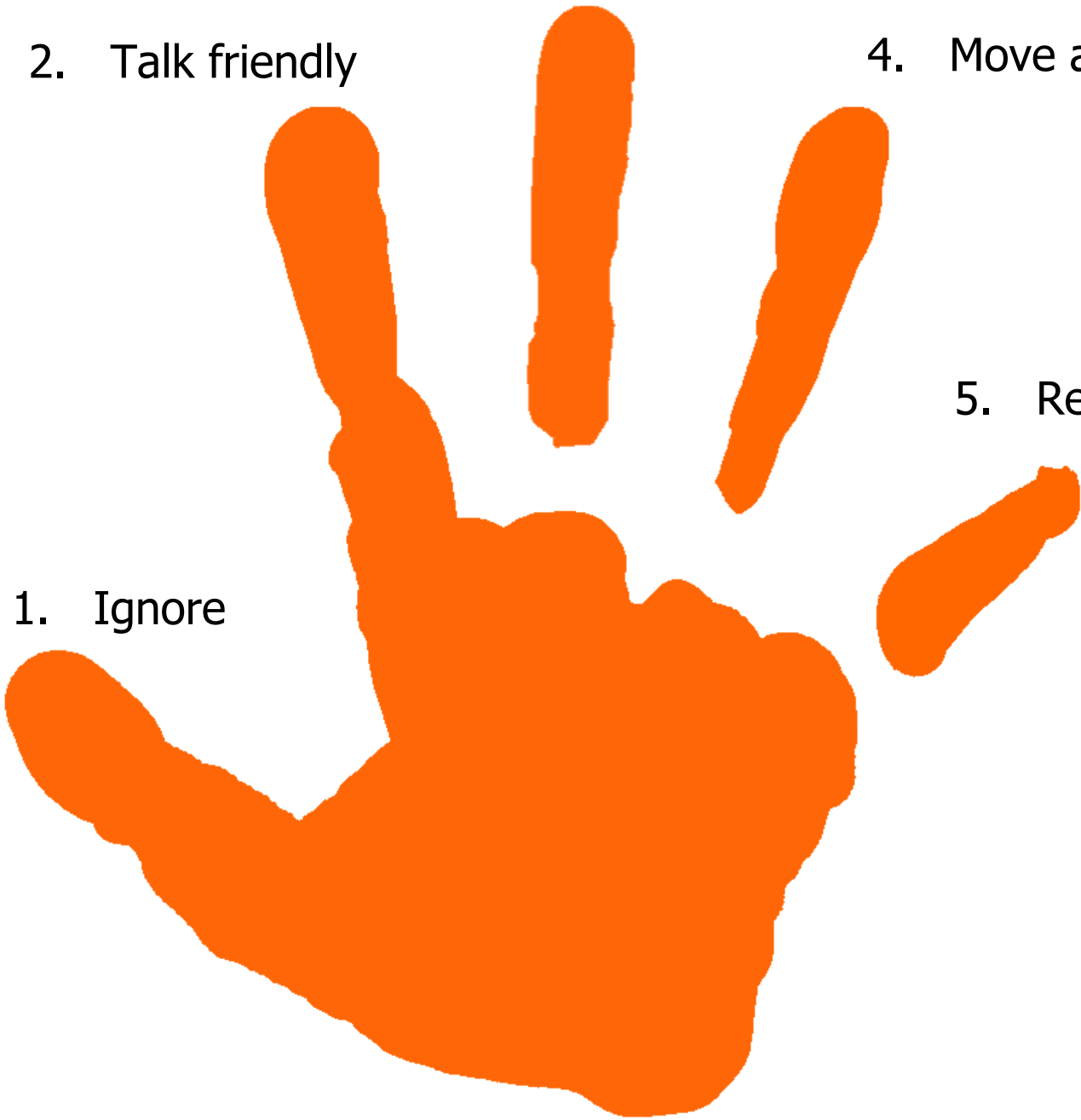
3. Talk firmly

2. Talk friendly

4. Move away

5. Report

1. Ignore



Use the HIGH 5
to problem solve

Using the HIGH 5

1. Ignore

How do you ignore someone?

What does your body language look like when you are ignoring someone?

If someone is annoying you or doing something you don't like, ignoring them lets them know that you don't want to be involved in it.

You turn your body away.

You walk away.

2. Talk Friendly

Say "Can you please stop... (tapping your pencil, playing with my hair, kicking me when we are lining up)"

It is important to name what it is that you don't like someone doing.

3. Talk Firmly

Say "Stop it! I don't like when you are... It is annoying/hurting me. Leave me alone!"

Be clear about exactly what it is that someone is doing and why you want them to stop.

4. Move Away

Physically move to another space/area. For example: On the floor during carpet time, in the line outside the classroom, eating area, play area, etc. **Students must let the person that is annoying them know that they are moving away from them and that they want to be left alone. "I am moving away from you because you are still... (tapping your pencil, pushing your feet into my back, blowing in my ear, speaking rudely).

5. Report

Report inappropriate behaviour and student's name to an adult (Teacher, SSO, Front Office, Parent volunteer).

**If the student is being physically hurt or verbally abused, the student must report immediately.

