

BRIGHT STEPS · BEHAVIOR MAP

Meltdown Emergency Card

The 30-second script. Read it. Follow it. Breathe.

Step 1 — SPOT the clue

Name what you see. Say (softly):

"I see your body is telling me something."

Step 2 — STOP the escalation

Lower your voice. Drop to their level.

"You're safe. I'm right here. We can go slow."

Step 3 — SUPPORT the body

Offer one calming tool. Do NOT ask questions.

"Squeeze my hand. Or push the wall. I'll do it with you."

Step 4 — SOLVE it later

When calm returns, name the win.

"You did the hard thing. Let's plan for next time."

If unsafe: keep space, remove hard objects, stay near.

Not medical or legal advice.

Emergencies: call 911 or 988.

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