

Spot the warning signs early

Bright Steps · I Do / We Do / You Do worksheet

The 90-second window

Every escalation has a warning. You have ~90 seconds to interrupt the climb.

What to watch for

Body change (shoulders, fists, jaw) · Voice change (quieter or louder) · Eyes (down, through you, scanning)

Address the body, not the work

Walk over. Lower your voice. Offer: "Water, or a walk?"

Track it this week

Day	Student	Warning seen	Time since trigger	What I did