

# Calm Down Procedure for Aggression

Children Ages 3–6 Years

Part 3: Time Out to Calm Down

Scenario #1: Child goes to Calm Down Area.  
*Handling Misbehavior Part 3: Vignettes 9–12*



Child hits



Check in with child who was hit.  
"I'm sorry she hit you. She made a mistake."



Command  
"You hit. You need to go to the calm down area"



Child goes to Calm Down Area  
(No attention given for 4-5 minutes)



Child calm for last 2 minutes



Parent praises child's first positive behavior.  
"That's so friendly the way you're sharing."

Parent ends time & re-engages child  
"Your body is calm. You can play with your blocks"

©The Incredible Years®

# Young Child Resists Going to Calm Down Area

## Children Ages 3–6 Years

Scenario #2: Child resists going to Calm Down Area.

Child hits



Check in with child who was hit.  
"I'm sorry she hit you. She made a mistake."



Command  
"You hit. You need to go to calm down area"



Child refuses to go to Calm Down Area



Parent gives 1 warning.  
"You can go by yourself, or I can help you." "



Child complies

No attention given for 4-5 minutes, last 2 minutes child is calm



Parent ends time & re-engages child

"Your body is calm. You can play with your blocks."



Parent praises child's first positive behavior.

"That's so friendly the way you're sharing."



# Child Refuses to Stay in Calm Down Area

Scenario #3

Handling Misbehavior Part 3: Vignettes 17-18

“Go to Calm Down Area”

*Safe, no attention from anyone 1 minute per year of age up to 5 minutes*

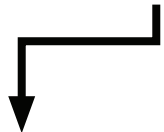


Child leaves Calm Down Area before time is over



Parent gives 1 warning.

*“If you can’t stay in the calm down area, you’ll go to the calm down room.”*



Child stays in Calm Down Area  
*4-5 minutes, last 2 minutes child is calm*



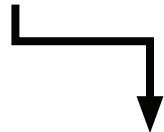
Parent ends time & Re-engages child

*“you are calm and can come play now”*



Parent praises child’s first positive behavior.

*“That’s so friendly the way you’re sharing.”*



Child leaves Calm Down Area



Parent takes child to backup room.

*“You need to go the room to calm down.”*



Child stays in Calm Down room.

*No attention given for 4-5 minutes, last 2 minutes child is calm*



Parent ends time & Re-engages child

*“you are calm and can come play now”*



Parent praises child’s first positive behavior.

*“That’s so friendly the way you’re sharing.”*

# School Age Child Resists Going to Calm Down Area

Children Ages 6-10



Scenario #2B: Child initially resists going to Calm Down Area.  
Handling Misbehavior Part 3: Vignette 20



Child hits



Check in with child who was hit.  
"I'm sorry she hit you. She made a mistake."



Command  
"You hit. You need to go to calm down area"



Child refuses to go to Calm Down Area



Parent gives warning.  
"That is one extra minute now. That's 6 minutes." (Add time up to 9 min. if child continues to refuse)



Child complies

No attention given for 4-5 minutes, + extra time earned for delaying, last 2 minutes child is calm



Parent ends time & re-engages child

"Your body is calm. Would you like to make cookies?"

Parent praises child's first positive behavior.

"That's so friendly the way you're sharing."

# School Age Child Continues to Resist Going to Calm Down Area

Children Ages 6-10



Scenario #2C: Child continues to refuse to go to Calm Down Area.  
Handling Misbehavior Part 3: Vignette 21

Child hits



Check in with child who was hit.  
"I'm sorry he hit you. She made a mistake."



Command

"You hit. You need to go to calm down area."



Child refuses to go to Calm Down Area



Parent gives warning.

"That is one extra minute now." (Add time up to 9 min. if child continues to refuse and give warning)



Parent explains consequence.

"That 's 10 minutes now, if you don't go now you will lose screen time tonight."



Note: if child does not go when consequence is explained, parent follows through with consequence, Calm Down time is dropped.



Child goes to Calm Down Area



Parent ends time & re-engages child

"Your body is calm. Come see what I've made for dessert.""



Parent praises child's first positive behavior.

"That's so friendly the way you're sharing."

# School Age Child Continues to Resist Going to Calm Down Area

Children Ages 6-10



Scenario #2D: Child continues to refuse to go to calm down area.

Child hits



Check in with child who was hit.  
"I'm sorry he hit you. She made a mistake."



Command  
"You hit. You need to go to calm down area."



Child refuses to go to Calm Down Area.



Parent gives warning.  
"That is one extra minute now."  
(Add time up to 9 min. if child continues to refuse and give warning)



Parent explains consequence.

"That 's 10 minutes now, if you don't go to the calm down area now you will lose screen time tonight."



Child refuses to go to Calm Down Area.



Parent ends power struggle

"You've lost your screen time."  
(Going to Calm Down Area is dropped)

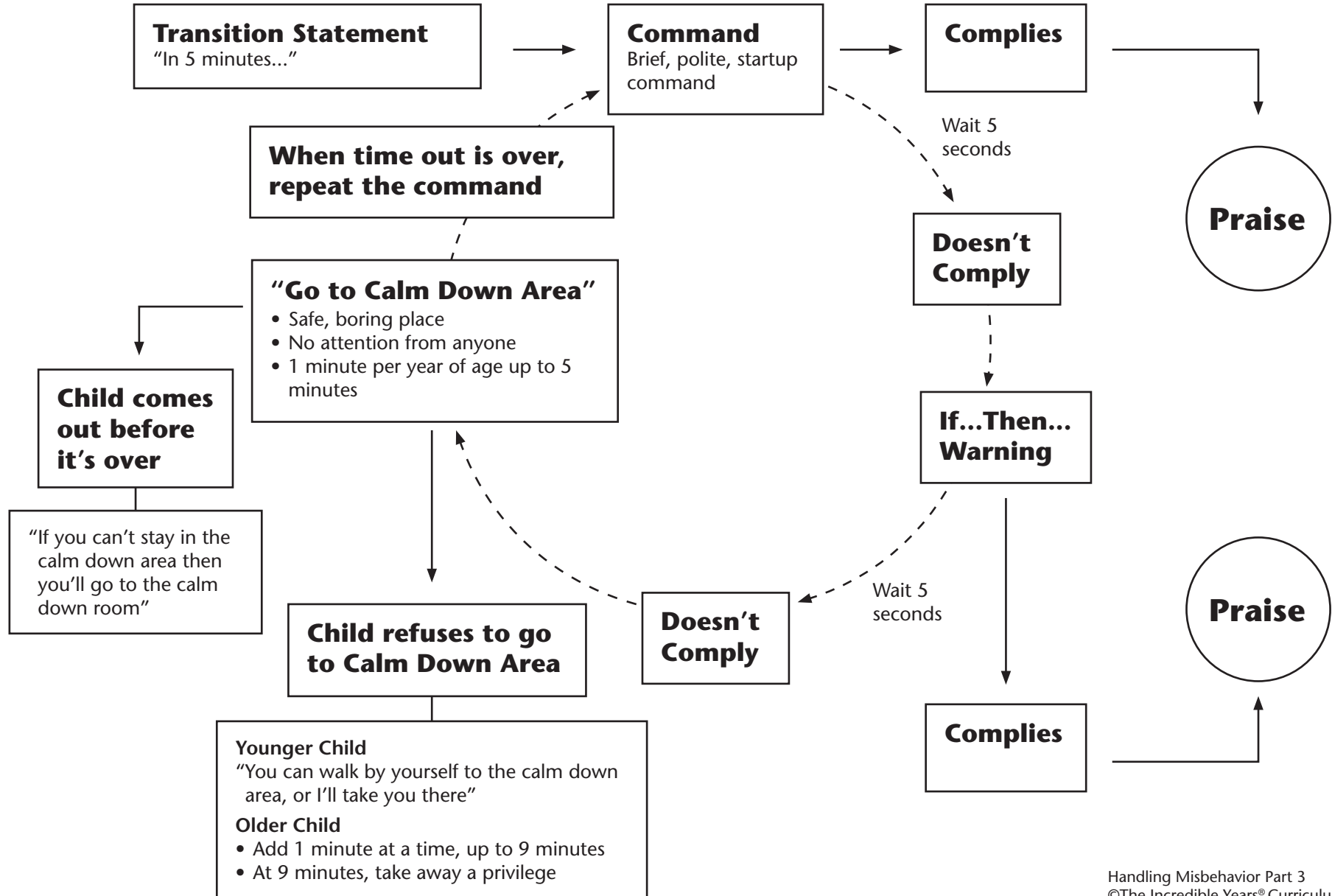


Parent follows through with consequence & ignores protests.

Note: consequence should be carried out same day.

# Calm Down Procedure for Compliance Training

Part 3: Time Out to Calm Down



©The Incredible Years®