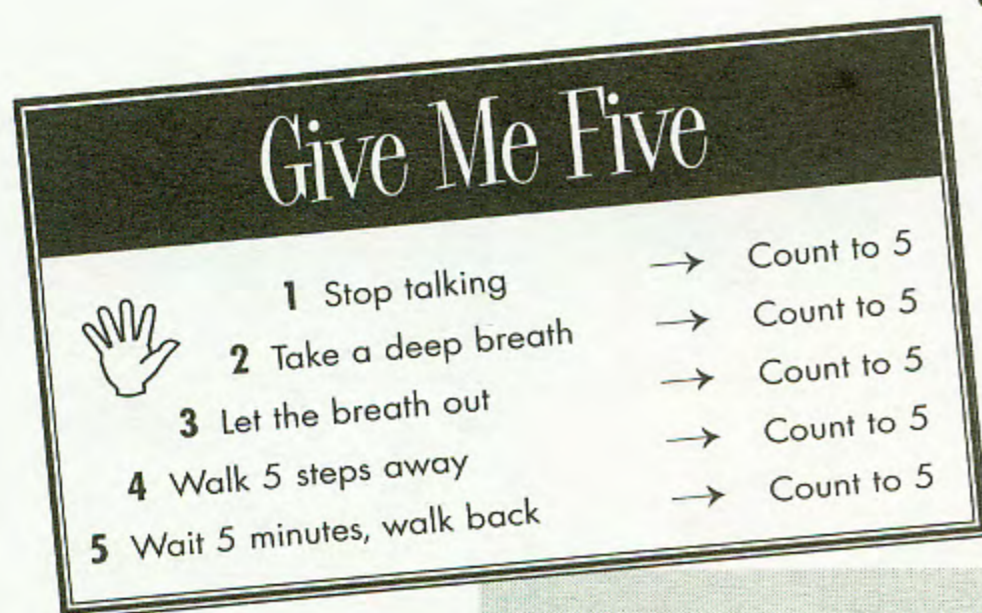


# Idea 25

## Give Me Five

Some students with ADHD find it difficult to control themselves when they are frustrated, angry, or have hurt feelings. When students are in stressful or volatile situations that are likely to escalate quickly, it is often difficult to help them calm down.

Here is a simple calming strategy to teach students how to leave volatile situations. When using this or any similar strategy that requires students to use “self-talk,” it is important to model both verbal and physical procedures and let students practice by talking aloud to themselves. When a real-life situation arises, they need to be able to talk themselves through it on their own. Visual reminders and cues are also useful when teaching students to “Give Me Five.”



### Here are the Give Me Five steps.

- 1 Discuss with students situations that cause them to be upset or angry, such as losing at a game, making a bad grade, getting reprimanded by a teacher, hearing someone call them a bad name, or asking for help and not getting it.
- 2 Explain that one way to keep from losing control in these situations is to use the Give Me Five strategy and walk away from the potential confrontation or crisis.
- 3 Model for students how to “Give Me Five.” Demonstrate both the words of the steps and the physical actions. Here are the five key steps students should follow.
  1. Stop talking. Count to 5.
  2. Take a deep breath. Count to 5.
  3. Let the breath out. Count to 5.
  4. Walk 5 steps away from the person or situation. Count to 5.
  5. Wait 5 minutes. If you’re okay, walk back to the person or situation. Count to 5. If everyone is calm, begin to discuss the problem.

