



Utah State  
Board of  
Education

Safe and  
Healthy  
Schools

# CRISIS CYCLE WORKSHEET

A FILLABLE FORM FOR SUPPORTING BEHAVIOR

INTERVENTIONS

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# INTRODUCTION

The following form is intended for use by educators, para-educators, school counselors, etc. in supporting behavior interventions. It was extracted from the Utah State Board of Education's (USBE) technical assistance manual, [\*Least Restrictive Behavioral Interventions: A School-Based Behavior Guide for Educators, Administrators, and Families\*](#) (LRBI), which can be found on the USBE website on the Safe and Healthy Schools page.

Directions for how and when to use this for can be found in "Chapter 7: Behavioral/Emotional Crisis Prevention and Management" of the LRBI under the "Crisis Cycle" section.

The form has been made fillable for digital use but can also be printed and used with a pen or pencil.

## FORM F: CRISIS CYCLE WORKSHEET

There are eight phases to the crisis cycle. Recognizing how a student might behave in each phase will help understand how to respond. Use this worksheet to pre-plan responses to student behavior across each phase.



PHASE	STUDENT BEHAVIOR	ADULT RESPONSE
1 Baseline		
2 Catalyst		
3 Escalation Begins		
4 Escalation Intensifies		
5 Crisis Peak		
6 De-Escalation		
7 Exhaustion		
8 Recovery		

## ADDITIONAL NOTES

