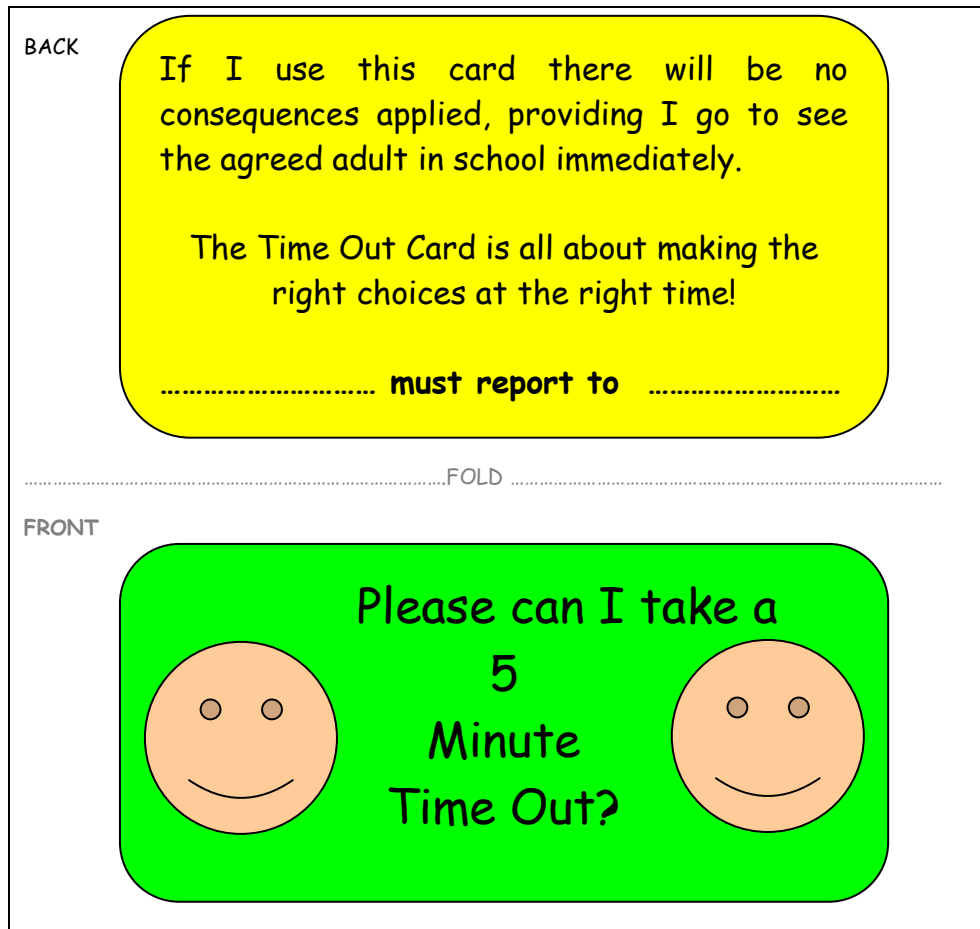


## Using and Applying a Time Out Strategy

### A Time Out Card could look like this:



## Where does the Time Out Card fit into the sequence of consequences?

### Using the Time Out option has many benefits.

#### A Time Out strategy could work like this:

- A Time Out card should be applied towards the end of your list of classroom strategies.
- Use the Time Out card when earlier consequential strategies have not been effective.
- Introduce your Time Out strategy after discussing your concerns with the Form Tutor, Team Leader or SENCO / Senior Teachers.
- Time Out cards are reserved for known individuals, who have a history of persistent disruption.
- Time Out cards should be used, primarily, to defuse a situation.
- Use your Time Out card soon after initiating your Quick Fire consequences.
- Using the Time Out option gives everyone breathing space.
- Time Out works best if the pupil is offered a choice to calm down.
- Start with a 5 minute Time Out card initially.
- Increase the Time Out option to 10 minutes or 15 minutes, if necessary.

Nb. Time Out cards last longer if they are laminated!

#### Your sequence of classroom consequences could look like this:

- 1 Add name to Early Concerns.
- 2 Sift and Separate from other pupils.
- 3 Apply the Language of Choice.
- 4 Add name to Increasing Concerns.
- 5 Move Seat to work by a good role model.
- 6 Move Seat to work by self.
- 7 Apply Timed Consequences.
- 8 Initiate Time with Teacher at Primary level or Short Term Detention at Secondary Level.
- 9 Give Final Warning.
- 10 Apply School Sanction.
- 11 Use your Quick Fire consequences.
- 12 Apply Time Out strategy.
- 13 Inform Tutor and parents.
- 14 Apply Time Away from Class.