

# Tip to remember TIC principles...

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## CRAPS

**Calm, Connect**

**Remain, Respectful**

**All, Aware of self / others**

**Predictable, Patient**

**Safe and Say**

Life can be like a game of craps. Some of us “win big” and live a life filled with caring people. Others face many challenges. Moreover, like the roll of dice, you can’t predict how a student will respond when you use a TIC strategy. Every situation is unique. However, the one thing you can control is you. You can control your thoughts, behaviors, and response to a student. Stay the course.

The gold letters in CRAPS<sup>2</sup> is to remind us to follow the Golden Rule.

- Calm: Stay calm and help deescalate the student.
- Connect: Build positive relationships.
- Remain: Don’t give up. They may push to see if you will give up on them too. Maintain a positive outlook. Have faith that they can do better.
- Respectful: We are the adults so we need to give respect at all times. An apology may help rebuild bridges.
- ALL: All students benefit from TIC. We don’t have to identify a student who has experienced trauma to use the strategies.
- Aware of self and others: Stay attuned to your thoughts, feelings, nonverbal reactions, and the things that trigger you. Remain in the moment. Pay attention to the student’s non-verbal’s and what they are saying. Practice perspective taking. Put yourself in the student’s shoes. If you had the same experiences, same life, as the student would you behave differently?
- Predictable: Consistently reinforce rules and expectations. Let students know about changes (ex: substitutes, bell schedule, drills).
- Patient: Provide students with space if needed. Be patient regardless of the situation.
- Safe environment: Create physically and psychologically safe environments. Analyze surroundings and consider whether you need to calmly help the student get out of the situation.
- Say: Give students a voice (listen to them) and choices so that they can be empowered and in charge of their life. Ask the student how you can help and support them?