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## Calming Dimensions Grid (example, Ryan's haircuts)

<b>Easier</b>	<b>Harder</b>
Clippers are off	Clippers are on
Top of the head	Behind the head, back of neck (probably because clippers are out of sight)
Not touching head	Touching head
Relatively far away	Relatively close
5 second count	10 second count

There are a number of variables that can make any challenge, including calm counts, more or less difficult. Recognizing this, we may choose to isolate 1 or 2 dimensions at a time, and may increase student success by making all of the other dimensions "easier".

As soon as possible, I prefer 10 second calm counts over 5 second calm counts. For Ryan, when we first started to put the clippers behind his head, we turned the clippers off. And, the first time we touched Ryan's head with the clippers the clippers were not on and we touched the front/top of his head. These calm counts isolated "back of head" and "touching/clippers on", respectively.