

SAND Pause Before Reacting

A reflective tool to slow down and respond with purpose

When behaviour happens, our instinct is to react. This tool supports you to pause, reflect, and choose a response that supports – rather than escalates.

Section – P – Pause

Stop. Take a breath. You don't have to respond immediately.

What is your body telling you right now? Are you calm enough to respond thoughtfully?

Section – A – Acknowledge

What is happening? Name it without judgement.

Describe the behaviour factually. What do you see and hear?

Section – U – Understand

What might be underneath this behaviour?

Is this about regulation, communication, connection, or control? What need is driving it?

Section – S – Support

What does this person need from me right now?

Think about safety, proximity, reduced demands, validation, choices, or space.

Section – E – Evaluate

After the moment, what did I learn?

What worked? What didn't? What would I do differently? What do I need for next time?
