The MetaSTOP® Method

A simple method for helping pupils move from reaction to response

For teachers

Use it as a calm prompt in live moments. ‘STOP it’ does not mean ‘stop the behaviour’. It means place the problem into the method and work through it. Repeated use helps pupils internalise the sequence and begin to use it independently.

1

S – STOP

Recognise that a fear response is happening and interrupt it long enough to regain some choice.

2

T – THINK

Identify the fear and separate what is feared from what is true.

3

O – OPTIONS

Find more than one realistic response.

4

P – PREPARE

Choose a response and get ready to carry it out.

5

GO

Act. Thinking alone does not create new feedback. Action produces an outcome, and the outcome teaches us something.

What it does

The MetaSTOP Method helps pupils slow down, recognise what is happening, consider realistic options and choose a better response before behaviour escalates.

How to use it

1. Teach and practise it when calm.
2. In the moment, prompt briefly: ‘STOP it’.
3. Guide the pupil through the method.
4. Reflect afterwards so the process becomes more automatic.

The aim is not simply to stop behaviour. The aim is to build a repeatable method pupils can increasingly use for themselves.

For further guidance within the wider framework, including the free professional resource ‘Before Behaviour Escalates’, visit **stopfearingfear.com**