

How will adults know that I'm calm, relaxed and ready to learn?	How will adults know that I'm on the edge/ becoming anxious?	How will adults know that I'm ready to explode?	How will adults know that I'm returning to my calm feeling?
e.g. I will be smiling	e.g. I will frequently ask to go to the toilet	e.g. I may run away and hide from adults	e.g. I will be able to return to class
What could be the causes of these feelings/behaviours	What could be the triggers/ causes to these feelings/behaviours	What could be the triggers/ causes to these feelings/behaviours	What could be the triggers/ causes to these feelings/behaviours
e.g. Mr Johnson met me at the gate and we played football	e.g. Mr Johnson isn't in school	e.g. I'm feeling scared and unsure	e.g. I might need to be reassured by an adult
What will the adults do to support me when I feel like this?	What will the adults do to support me when I feel like this?	What will the adults do to support me when I feel like this?	What will the adults do to support me when I feel like this?
e.g. Mr Johnson will give me a 'thumbs up'	e.g. My teachers will ask me who else could help me.	e.g. My adult will remind me to go to my safe space. They will know where I am and I will be safe.	e.g. My teachers will talk to me about things that make me happy
What are the consequences of this?	What are the consequences of this?	What are the consequences of this?	What are the consequences of this?
e.g. I will get a football sticker for my chart	e.g. I will feel reassured and will want to stay in the classroom	I will feel safe and less upset.	e.g. I will be given time and space to feel ok again