

**Responding to behaviours**

<b>PROACTIVE</b> <b>(How will adults know that I'm calm, relaxed and ready to learn?)</b>	<b>ACTIVE</b> <b>(How will adults know that I'm on the edge/ becoming anxious?)</b>	<b>REACTIVE</b> <b>(How will adults know that I'm that I'm ready to explode?)</b>	<b>RECOVERY</b> <b>(How will adults know that I'm returning to my calm feeling?)</b>
<ul style="list-style-type: none"> <li>○ I will be smiling</li> <li>○ My body will look relaxed</li> <li>○ I will be able to ask an adult if I need help</li> <li>○ I will sit on the carpet/at my desk looking at the adult speaking</li> <li>○ I will complete the task or activity</li> </ul>	<ul style="list-style-type: none"> <li>○ I will chew my jumper</li> <li>○ I may shout</li> <li>○ I may get upset or say rude words to my friends</li> <li>○ I may not let my teacher/adult help me</li> <li>○ I may use my safe space to calm</li> <li>○ I will fidget more</li> </ul>	<ul style="list-style-type: none"> <li>○ I may use rude words</li> <li>○ I may run away from adults</li> <li>○ I may throw something</li> <li>○ I may shout</li> </ul>	<ul style="list-style-type: none"> <li>○ My rude words have stopped</li> <li>○ I have returned to the classroom – perhaps gone to my safe space</li> <li>○ I have stopped shouting or throwing things</li> <li>○ I will take a drink of water, if I am offered one</li> <li>○ I will start talking about different things – I like talking about football – My favourite team/player is.....</li> </ul>
<b>What could be the triggers/ causes to these feelings/behaviours</b>	<b>What could be the triggers/ causes to these feelings/behaviours</b>	<b>What could be the triggers/ causes to these feelings/behaviours</b>	<b>What could be the triggers/ causes to these feelings/behaviours</b>
<ul style="list-style-type: none"> <li>○ I've eaten and feel full</li> <li>○ I've had a good night's sleep</li> <li>○ My Key Person greets me at the door and settles me into an enjoyable task</li> <li>○ The visual timetable has been explained</li> <li>○ The room is not too noisy or busy today</li> </ul>	<ul style="list-style-type: none"> <li>○ I'm hungry</li> <li>○ I'm tired</li> <li>○ My key person is not in today</li> <li>○ There is too much noise</li> <li>○ I do not know what is expected of me</li> <li>○ I don't feel safe</li> </ul>	<ul style="list-style-type: none"> <li>○ I'm scared</li> <li>○ I'm overwhelmed</li> <li>○ I'm only functioning at flight/fight or freeze responses</li> </ul>	<ul style="list-style-type: none"> <li>○ I'm exhausted</li> <li>○ I might feel embarrassed/ ashamed</li> <li>○ I might feel sad and cry and need some comfort</li> </ul>
<b>What will the adults do to support me when I feel like this?</b>	<b>What will the adults do to support me when I feel like this?</b>	<b>What will the adults do to support me when I feel like this?</b>	<b>What will the adults do to support me when I feel like this?</b>
<ul style="list-style-type: none"> <li>○ Adults will smile back – everyone likes to smile!!</li> <li>○ My teacher will say 'well done' if I put my hand up on the carpet</li> <li>○ An adult might give me a 'thumbs up' because I'm sitting nicely on the carpet/at my table</li> <li>○ My teacher will always try to give me help if I need it</li> </ul>	<ul style="list-style-type: none"> <li>○ My teachers will remind me to put my hand up or have a carpet/table moving break</li> <li>○ My teachers will remind me that my friends do not like it when I shout at them</li> <li>○ My teachers will remind me to use my safe space and give me time to be myself</li> <li>○ My teachers will give me thinking time to help me to remember to make the right choices</li> </ul>	<ul style="list-style-type: none"> <li>○ My teacher will make sure that I am safe – they will need to know where I am, but will not chase me</li> <li>○ My teacher will try to make sure that I know that I am safe too</li> <li>○ My teachers need to make sure that others are safe – if I throw something at another person, I will be removed from the classroom, or the other children will be removed</li> <li>○ Adults will need to know where I am by watching me. This keeps me safe</li> </ul>	<ul style="list-style-type: none"> <li>○ My teachers will be happy when I am safe – they will tell me this</li> <li>○ I will be offered a comfy, quiet area to relax in</li> <li>○ My teachers may offer me a drink of water</li> <li>○ My teachers will talk to me about things that make me happy, before talking about what happened...</li> </ul>
<b>What are the consequences of this?</b>	<b>What are the consequences of this?</b>	<b>What are the consequences of this?</b>	<b>What are the consequences of this?</b>
<ul style="list-style-type: none"> <li>○ I will gain reward time to play with .....</li> <li>○ Adults will smile and tell me that they are pleased with my ..... (be specific)</li> <li>○ I will get a certificate to take home saying what has happened today</li> <li>○ Stickers will be added to my chart</li> </ul>	<ul style="list-style-type: none"> <li>○ Adults will be pleased if I make good choices and use my calm spaces before returning to class</li> <li>○ There is no 'bad' consequence for taking time out to feel better</li> </ul>	<ul style="list-style-type: none"> <li>○ I will be spoken to by an adult</li> <li>○ My parents/carers will be told about what happened</li> <li>○ I may miss out on some activities</li> <li>○ I will be helped to stay safe by the adults for the next time I feel upset</li> <li>○ Referral to behaviour policy – I may have to miss out on a school trip/visit</li> <li>○ Ensure reasonable adjustments are made to meet the needs of the child</li> <li>○ Consider risk assessment and PSP paperwork</li> </ul>	<ul style="list-style-type: none"> <li>○ I will be given time and space to feel 'okay again'</li> <li>○ I will be asked when I'm ready to return to the daily routine</li> <li>○ I will be offered a drink of water</li> <li>○ I may be asked to discuss what has happened using a comic strip conversation</li> </ul>