**Responding to behaviours**

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| **PROACTIVE**  **(How will adults know that I’m calm, relaxed and ready to learn?)** | **ACTIVE**  **(How will adults know that I’m on the edge/ becoming anxious?)** | **REACTIVE**  **(How will adults know that I’m that I’m ready to explode?)** | **RECOVERY**  **(How will adults know that I’m returning to my calm feeling?)** |
| * + I will be smiling   + My body will look relaxed   + I will be able to ask an adult if I need help   + I will sit on the carpet/at my desk looking at the adult speaking   + I will complete the task or activity | * + I will chew my jumper   + I may shout   + I may get upset or say rude words to my friends   + I may not let my teacher/adult help me   + I may use my safe space to calm   + I will fidget more | * + I may use rude words   + I may run away from adults   + I may throw something   + I may shout | * + My rude words have stopped   + I have returned to the classroom – perhaps gone to my safe space   + I have stopped shouting or throwing things   + I will take a drink of water, if I am offered one   + I will start talking about different things – I like talking about football – My favourite team/player is…… |
| **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** | **What could be the triggers/ causes to these feelings/behaviours** |
| * I’ve eaten and feel full * I’ve had a good night’s sleep * My Key Person greets me at the door and settles me into an enjoyable task * The visual timetable has been explained * The room is not too noisy or busy today | * I’m hungry * I’m tired * My key person is not in today * There is too much noise * I do not know what is expected of me * I don’t feel safe | * I’m scared * I’m overwhelmed * I’m only functioning at flight/fight or freeze responses | * I’m exhausted * I might feel embarrassed/ ashamed * I might feel sad and cry and need some comfort |
| **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?** |
| * Adults will smile back – everyone likes to smile!! * My teacher will say ‘well done’ if I put my hand up on the carpet * An adult might give me a ‘thumbs up’ because I’m sitting nicely on the carpet/at my table * My teacher will always try to give me help if I need it | * My teachers will remind me to put my hand up or have a carpet/table moving break * My teachers will remind me that my friends do not like it when I shout at them * My teachers will remind me to use my safe space and give me time to be myself * My teachers will give me thinking time to help me to remember to make the right choices | * My teacher will make sure that I am safe – they will need to know where I am, but will not chase me * My teacher will try to make sure that I know that I am safe too * 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 * Adults will need to know where I am by watching me. This keeps me safe | * My teachers will be happy when I am safe – they will tell me this * I will be offered a comfy, quiet area to relax in * My teachers may offer me a drink of water * My teachers will talk to me about things that make me happy, before talking about what happened… |
| **What are the consequences of this?** | **What are the consequences of this?** | **What are the consequences of this?** | **What are the consequences of this?** |
| * I will gain reward time to play with ………. * Adults will smile and tell me that they are pleased with my …… (be specific) * I will get a certificate to take home saying what has happened today * Stickers will be added to my chart | * Adults will be pleased if I make good choices and use my calm spaces before returning to class * There is no ‘bad’ consequence for taking time out to feel better | * I will be spoken to by an adult * My parents/carers will be told about what happened * I may miss out on some activities * I will be helped to stay safe by the adults for the next time I feel upset * Referral to behaviour policy – I may have to miss out on a school trip/visit * Ensure reasonable adjustments are made to meet the needs of the child * Consider risk assessment and PSP paperwork | * I will be given time and space to feel ‘okay again’ * I will be asked when I’m ready to return to the daily routine * I will be offered a drink of water * I may be asked to discuss what has happened using a comic strip conversation |