

## My escalating emotional needs:

Name:	Written by:
Date written:	Review date:
Parents/cares comment:	

	What this may look like:	How adults may be able to help:	
5	I may tip chairs over I often run and hide under tables or in the coat area I may scream I may continue to lash out at people around me I can find it difficult to calm	Sit close so that I know someone is near and allow time for me to calm Guide me to a quiet space away from others.	
4	I often lash out at my peers or adults close by. This may be through hitting, pinching or scratching. I may scream or shout no I may appear cross in the face or body language	Talk calmly to me Help me to engage in something different. Give me some time away from others Use simple clear language and simple makaton signs - Stop, finished. Name my need – Am I right in thinking child is.... I wonder if...	
3	I may shout or cry I often attempt to take toys from my peers. I can refuse to follow adult directions.	Offer me a cuddle, this can often help me to feel calm Validate and acknowledge how I am feeling “ I can see you are.....” Use a clear, calm voice when talking to me. Offer me an alternative Name my need – Am I right in thinking child is.... I wonder if...	
2	I may be hungry I can find it difficult to share	Remind me of the setting boundaries and support my understanding through visual prompts. Offer me a snack Model and support turn taking if there is something I would like to play with. Offer me an alternative Name my need – Am I right in thinking child is....	
1	I actively interact with peers and my environment I am engaged in activities I am happy I enjoy communicating with familiar adults and children	Interact with me Join in with my play Use positive praise Encouragement helps me to persevere when something is challenging me.	