






How my escalating emotional needs may present:

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

	What this looks like	How we can help
5	 <p>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</p>	<p>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.</p>
4	 <p>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</p>	<p>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...</p>
3	 <p>I may shout or cry I often attempt to take toys from my peers. I can refuse to follow adult directions.</p>	<p>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...</p>
2	 <p>I may be hungry I can find it difficult to share</p>	<p>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....</p>
1	 <p>I actively interact with peers and my environment I am engaged in activities I am happy I enjoy communicating with familiar adults and children</p>	<p>Interact with me Join in with my play Use positive praise Encouragement helps me to persevere when something is challenging me.</p>