

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

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