My escalating emotional needs:

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

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| --- | --- | --- | --- |
|  | What this may look like: | How adults may be able to help: |  |
| 5 | I may tip chairs overI often run and hide under tables or in the coat areaI may screamI may continue to lash out at people around meI can find it difficult to calm | Sit close so that I know someone is near and allow time for me to calmGuide 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 noI may appear cross in the face or body language | Talk calmly to meHelp me to engage in something different.Give me some time away from othersUse 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 cryI 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 calmValidate and acknowledge how I am feeling “ I can see you are……”Use a clear, calm voice when talking to me. Offer me an alternativeName my need – Am I right in thinking child is….I wonder if… |  |
| 2 | I may be hungryI can find it difficult to share | Remind me of the setting boundaries and support my understanding through visual prompts. Offer me a snackModel and support turn taking if there is something I would like to play with. Offer me an alternativeName my need – Am I right in thinking child is…. |  |
| 1  | I actively interact with peers and my environmentI am engaged in activitiesI am happy I enjoy communicating with familiar adults and children | Interact with meJoin in with my playUse positive praiseEncouragement helps me to persevere when something is challenging me.  |  |

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| 5 |  |  |  |
| 4 |  |  |  |
| 3 |  |  |  |
| 2 |  |  |  |
| 1  |  |  |  |