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 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. |  |

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