When This Happens, I Need...

A simple tool to complete with the learner when things are calm.

Use this to agree the support that helps, while keeping the routines, boundaries and standards in view.

WHEN... I find it harder to stay ready / respectful / safe when: _____ _____ _____	**ADULTS MIGHT NOTICE...** This is what it can look like from the outside: _____ _____
IT HELPS WHEN ADULTS... Things that make it easier for me to recover or keep going: _____ _____ _____	**USEFUL WORDS TO USE...** Things adults can say that help me hear the correction: _____ _____ _____
I CAN HELP MYSELF BY... What I can try when I notice things getting difficult: _____ _____	**WHAT STAYS THE SAME...** The routines, boundaries or standards I am still working towards: _____ _____

Agree the support before the difficult moment. Review it as the learner becomes more able to do it for themselves.