

Positive Behaviour and De-escalation Plan:

Name : **Oscar Walton**

Class : **Year 2**

Signed and dated:

Class Teacher _____ SENCO _____ Parent/Carer _____

Behaviours	Possible Adult Responses
GOOD to GO! On task Still body Relaxed shoulders	'I can see you're feeling green today!' 'You're so helpful, thank you for being part of our team.' 'You did a great job at..., I hope you feel proud of yourself.'
Low Level Example behaviours Oscar displays: Fidgeting, not wanting to sit with others Wandering around the room Asking to play with him Short/lacking manners	- Positive language to reinforce previous good progress 'You did so well at this last time...' - Emotion Coaching - 'I can see you're looking bored; shall I help you to choose an activity?' - Offer a favoured distraction activity - Spiderman puzzles - Offer an opportunity to relate if Oscar is clearly unfocused - 'Would you like to play a game with me for 5 minutes?' 'I wonder if we need somewhere a little quieter. Let's try the break out room' - Take Oscar for a 5 min rest break away from current environment: -Outside - to run an errand
Medium Level Example behaviours Oscar displays: Refusing to work/engage Throwing things Change in body language - shoulders lower and tighter Swearing	Regulate - Stay calm and avoid confrontation which may aggravate the situation. - Distract Oscar by creating a positive role for him to take and lead him away from the current situation. "I need your help with...." - Offer 2 choices: Let's go outside with your ball or have a snack? - Offer a physical game - eg catch - Humour to move on, but ensure there's no chance of him feeling ridiculed. - Planned ignoring - Name the feeling and link to The Zones of Regulation - 'I can see you are 'blue' Oscar, let's go to the nurture room and get you back to 'Green'. - Change of face: swap staff with another member of the Nurture Room team. - Offer space - respect if she demonstrates he needs space through lack of engagement - Reassure you are there to help, sympathise with him - 'I know you feel frustrated because I put a boundary in place, I get that must feel unfair to you right now.'
High Level Example behaviours Oscar displays: Kicking/hitting Throwing things Swearing Verbal abuse Threats of physical violence Shouting	- Oscar will lash out with his hands and feet. Move other children away. Reduce language used with him, remind you are there to support. - Any discussion about behaviour should wait until <u>completely calm</u> and possibly even the following day. - When you see that he is calm, distract him by engaging in conversation about a topic he likes - Spiderman, superheroes, football. - No requirement for any additional consequences once Oscar has reached this point - his distress is enough of a consequence. - Offer a snack and drink. - Offer comfort - respect if he declines. 4 R's - Regulate, Relate, Reason, Repair - Help to support with each stage.