

MANAGING BIG EMOTIONS

Concept	Mantra	Strategy
Pupil's stress is coming from outside of the classroom	It's not about me.	Don't take their behaviour personally.
Their behaviour isn't about what's happening now.	What is the behaviour really about?	Listen to pupil voice. Explore what's happening underneath (Anger Iceberg)
Allow de-escalation before trying to solve the problem.	Talking can't happen when you're off base. The communication part of the brain shuts down.	Provide a quiet place and time-in. Lend your thinking brain.

TRIGGERS

- Inconsistency
- Lack of structure/routine
- Not feeling safe
- Sensory overload, e.g. smells, sounds
- Struggling with the work
- Low self-esteem/feelings of inadequacy
- Lack of connection with key people
- Poor wellbeing

**BEHAVIOUR?
TAKE ACTION!**
1. THINK FIRST
2. UNDERSTAND
3. RESPOND

RECOVERY/PLATEAU

- Recovery can last at least 90 minutes, so manage expectations
- A spike in cortisol can take as long as 4 hours to leave the system
- Spikes in behaviour can happen during recovery, remember your de-escalation strategies.

Restore and reflect only when recovery is complete

DE-ESCALATE

- Distract and redirect
- Provide a safe space
- Key person
- Reduce the audience
- Simple short instructions
- Calm, even tone
- Reduce demands

What do you want them to do to stay safe?

ADULT RESPONSE REACTION VS. RESPONDING

Impulsive
Not thinking in the long-term
Disregard for meaning
Comes from a place of upset/anger

Responses are based on previous data
Mindful
Considering affects on; pupils, staff, family
Look for meaning

STAFF WELLBEING

- Reflect on what your own triggers are be aware of when you may need to come away from a situation
- Utilise change of face
- Be aware that you will also be going through the recovery phase
- Listen to and support each other

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INCREASING FEEL GOOD CHEMICALS

DOPAMINE REWARD CHEMICAL

Completing a task
Self-care
Celebrating wins (however small)

SEROTONIN MOOD STABILISER

Sun exposure
Being in nature
Mediation
Exercise
Dancing

OXYTOCIN LOVE HORMONE

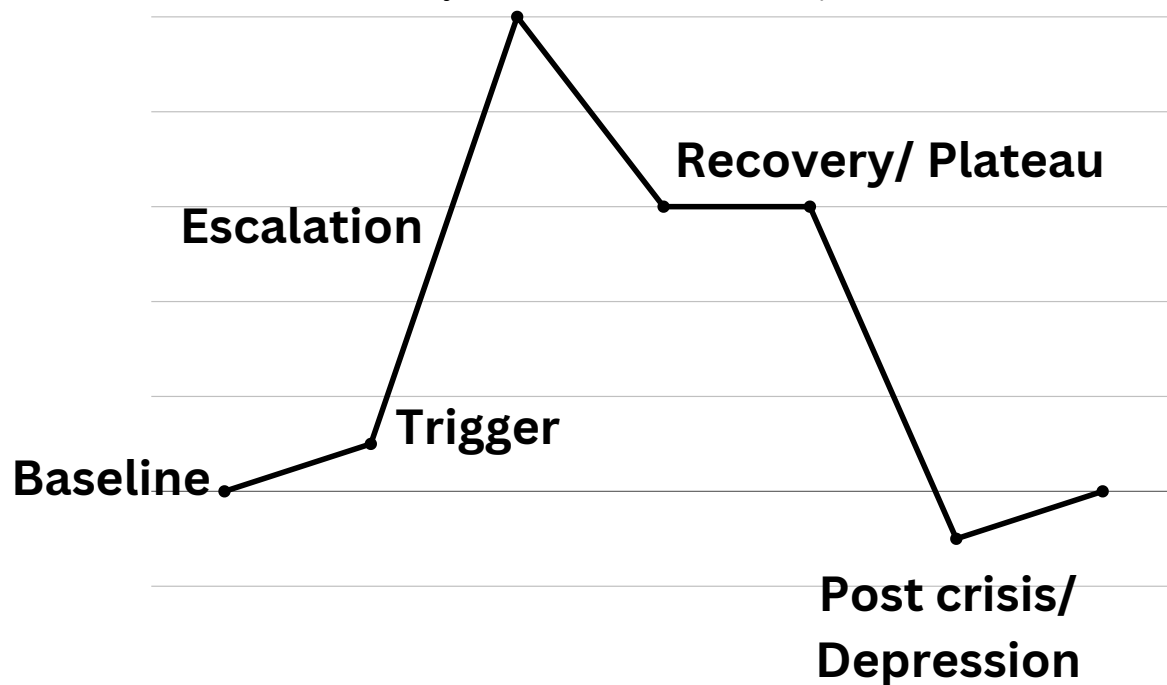
Cwtches
Animal therapy
Connection to others
Being kind

ENDORPHINS PAIN KILLER

Laughter
Exercise
Dark chocolate

Wake and Shake or the daily mile is a great way to start the day!

ASSAULT CYCLE (BREAKWELL)



CORTISOL & ADRENALINE STRESS HORMONES

Slow deep breaths
Talking to someone you trust
Support to talk through it - lend your thinking brain
Distract
Clear, simple instructions
Practicing Mindfulness
Time-in
Exercise
Using 'Wonder, Imagine, Notice' language
Provide reassurance and security (unconditional)