

# PACE

Board games, card games, wink wink murder, what time is it Mr. Wolf, Sleeping lions, etc.

Light playful tone of voice, so the children/young people can clearly understand how you are feeling.

Sense of humour and although humour can be used to diffuse a situation, it's best to avoid sarcasm and advanced metaphor.

# PLAYFULNESS

For the adults to bring a sense of joy and playfulness, where the child is safe and free to express themselves. by using a light tone, positive and open body language.

Find opportunities for laughter.

Singing and dancing e.g. wake and shake, tidy-up songs, brain breaks.

Greet each pupil with a warm tone to show you are happy to see them. Some teachers give the option to wave, high five or fist bump.

Animated body language.

Attune to child's happiness/excitement.

Create moments to be playful e.g. passing a bean bag for turn-taking, clapping.

Diffuse demands by; wondering aloud, setting manageable and realistic expectations, providing opportunities for responsibility.

Be involved in breaktimes and spend time with the children e.g. bringing out the parachute, playing skipping games.

Share stories in an engaging way. Allow opportunity for children to join in with the words or actions.

# PACE

Phrases to try;

*"I can see you're angry with me, I'll be here when you are feeling calm."*

*"I'm here, I can see things are tricky right now, but you don't need to speak to me until you are ready."*

*"I've noticed that you feel it's too difficult to start right now, and it just feels too much. I will come back when you're ready to help you get started."*

*"I can see you were really upset when that happened, we can talk if you would like"*

*"I imagine that made you feel really angry, maybe it would help if we just sit for a little while."*

## ACCEPTANCE

To establish an unconditional acceptance of the child/young person. Showing respect and kindness even if you don't understand or agree with their perspective, to allow honest and open communication which is free from judgement.

**IT'S IMPORTANT TO LABEL EMOTIONS AND FEELINGS AS SOME CHILDREN DO NOT HAVE THE VOCABULARY OR THE ABILITY TO UNDERSTAND OR RECOGNISE HOW THEY ARE FEELING JUST YET.**

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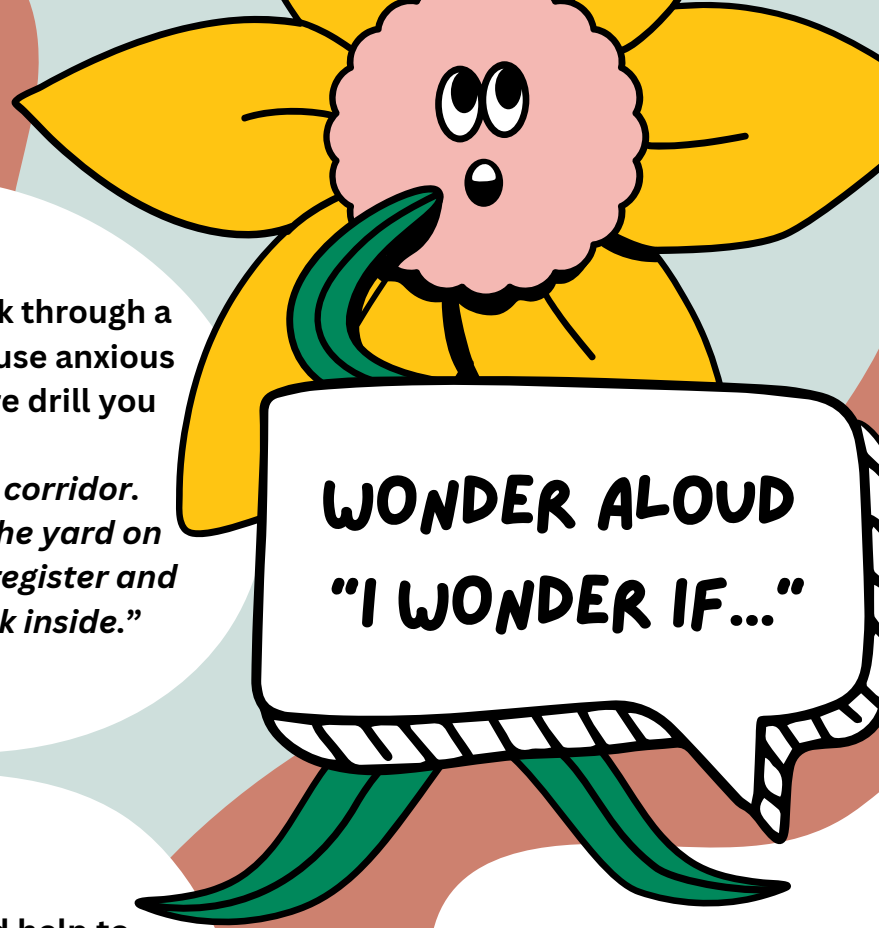
Sometimes, it can be useful to talk through a situation step by step to help diffuse anxious feelings. For example during a fire drill you may say;

*“We’re going to walk down this corridor. Then, we will line up outside on the yard on the left. After that, I will call the register and we will wait until we can go back inside.”*

## EXPLORE

Sometimes, children need help to understand how they are feeling - perhaps they are unable to self-reflect. In this situation, we can lend our thinking brain, for example;

*“When your friend didn’t sit by you at lunch, I’m guessing that made you feel like she didn’t want to be your friend. I wonder if maybe she had promised to sit with someone else? Or if she hadn’t noticed you were already in the hall?”*



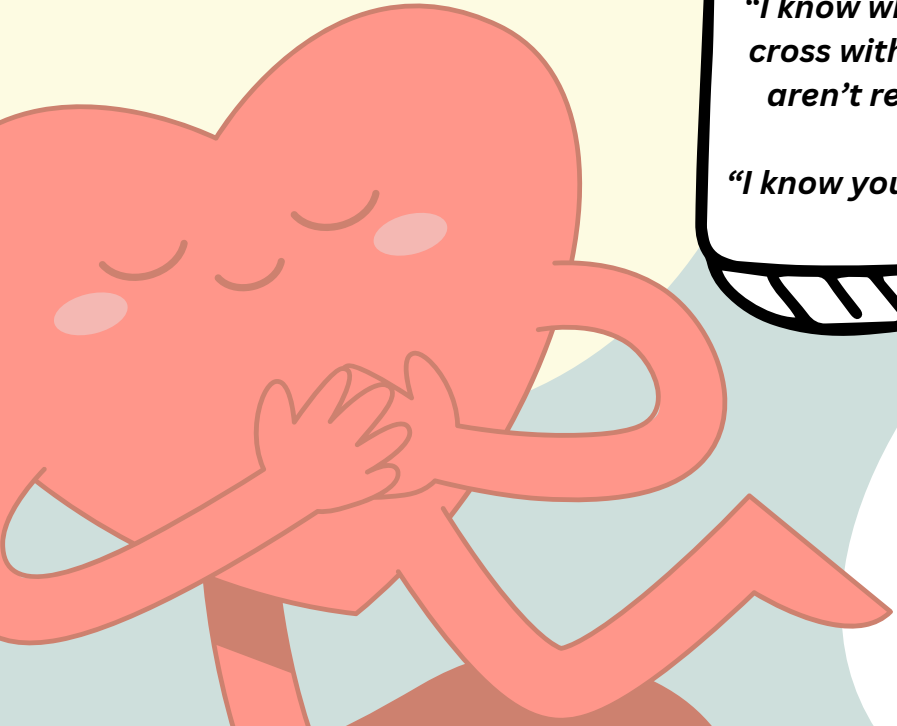
## CURIOSITY

To show a genuine curiosity for the child/young person to learn about them and be interested in their experiences to allow a meaningful secure relationship.

## VALIDATE

Validate feelings *“Normally you enjoy Art class, I’m wondering what’s different today? Perhaps you’re not sure either, and that’s OK.”*

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*"I understand it's hard to hear what I'm saying."*

*"I know when I say 'no' it makes you feel cross with me, so I understand that you aren't ready to talk to me right now."*

*"I know you feel it's unfair, and this makes you feel annoyed."*

**CHILDREN & YOUNG PEOPLE  
NEED TO LEARN TO CO-REGULATE  
BEFORE THEY CAN SELF-REGULATE.**

*"I can see this is really difficult for you right now."*

*"You are so upset - I can see how tough this is."*

*"You seem worried."*

*"I can see this is scary for you."*

## EMPATHY

To attune and show support and understanding for how the child/young person is feeling to validate their experience.

## REMEMBER!

Sometimes we feel pressure to focus on compliance, or feel a need to have control. Sometimes, we may feel hopeless or overwhelmed. That is OK.

We need to attune and be aware of when it is time to use a 'change of face' or take a break ourselves.