

Steps for Giving Time to Calm Down

- 1 Stop what you are doing
- 2 Pause to calm yourself, step back, take a deep breath, have a quick glass of water
- 3 Give full attention, seek eye contact at their level and listen
- 4 Empathise with the feeling even if the behaviour is unacceptable - "I can see you are angry, and it's not OK to shout, hit out"
- 5 Say "it is time to calm down" in a calm voice and repeat as necessary
- 6 Younger children may benefit from a safe, calming place e.g. cushion, den to recover
- 7 Think about using a calming visual object to help recovery
- 8 Stay with them if they need your help to calm themselves
- 9 If hurting themselves or others, place a gentle hand over theirs and say "no, I can't let you do that"
- 10 Welcome them whenever they are ready to re-join what is happening