



What to do when I am dysregulated.



- ✓ Lower your body position – sit down if I am standing up
- ✓ Lower and soften your voice *(not a telling off tone)*
- ✓ Stop talking to me - allow me some quiet time
- ✓ Soften facial expressions and stay calm
- ✓ Offer me a hand and say 'let's go for a walk/somewhere safe'
- ✓ Change your proximity to me *(go in sideways as face-to-face and direct eye contact can be confrontational/intimidating)*



- When appropriate acknowledge my body language by verbalising what you are seeing *(I can see that are crying, I can see that you look cross because you are screwing your face up, I can see that you are angry because your fists are clenched in a ball)*
- When appropriate acknowledge my feelings by verbalising them *(I can tell you are angry, that is okay. You look cross, that is okay.)*
- Think out loud without questioning - i.e *take a deep breath...oh, I'm feeling a wiggly feeling in my tummy coming back to school today after the holidays so I'm going to just take 5 deep slow breaths to help my nervous feeling. Or, gosh that was so frustrating for me... my fists feel scrunched up and my muscles feel hard...I am going to throw this pillow hard on the floor five times.*
- If I resist, do it anyway whilst I get on with my own thing to try and reduce shame of doing the strategies. Sometimes it encourages me to have a bit of a nervous system reset, on a good day at least.
- Model deep breathing techniques with me. Adults to use their own breathing to regulate me through co-regulation. Adults don't need to say anything but will take large deep breaths and sighs alongside me.

- ✓ Once I am calmer, try playing catch or rolling balls back and forth, playing with fidget toys, playing with play-doh, something of interest to me
- ✓ Go for a walk, let me move around
- ✓ Listen to me and acknowledge my feelings

Remember, my behaviour is me communicating that something isn't right but I might not be able to articulate it!

