



Our School Values are:
Happy Safe Achieving

Fernielea School Approaches

Steps to support self regulation:

- Notice the behaviour and tune in to the emotion
- Connect and recognise this as opportunity for teaching
- Listen empathically and validate feeling
- Verbally label emotion
- Explore solutions together



All adults at Fernielea School strive to be:

- Calm, considered and consistent
- Relentlessly positive and have high expectations for everyone
- Nurturing and build relationships with unconditional positive regard for all
- Committed to supporting regular opportunities to reflect on, repair and restore all relationships.

Suggested scripts:

- Did that make you feel.....when.....
- Were you feeling when
- It sounds/looks like that made you feel..
- That would make me feel too
- I feel when happens too
- It looks like you are very happy/sad
- I can see you are angry
- Are you feeling sad?
- It sounds/looks like you were very scared?
- I wonder if you are feeling sad?
- I bet that made you angry?



Our restorative questions (TEAR)

T – THINK

- What were you thinking at the time?
- What was the trigger?

E – EMOTION

- How did you feel in the moment?
- What emotions can you describe feeling?

A – ACTION

- What did you do next?
- How did you respond?

R – RESULT

- What happens now?
- What is the result of your actions?

Discuss strategies for next time –
 breathing, speaking to an adult or friend,
 having a quiet moment elsewhere,
 counting to ten



Extreme behaviours will be dealt with immediately by SLT, parents informed and appropriate next steps discussed and agreed.