



Who is this for?

These times are unprecedented and challenging for staff, children and parents.

Some of us are being asked to work with unfamiliar children who may be anxious and at times challenging.

Anxiety can happen when things change or when we see people around us worried. Sometimes, a child's reaction to this can be seen in their behaviour.

One of the best ways to support this and to support challenging behaviour is through **connecting with one another – through**

FUN, PLAY AND GAMES

Ideas for connecting

- Start the day with a game where you share things about yourself e.g. **'Web of connections'** (*You need a ball of string. Stand in a circle and talk about yourself, when something is similar someone else can shout 'Connection!' and they receive the rest of the string until a web is made. *A ball can be used instead*)
- *Play games throughout the day: board games, Simon says, treasure hunts (*Your SENCo should have had a copy of 'Indoor Olympics' to support this*)
- Do your own Show & Tell – bring in something important to you: favourite book; photos, treasures
- Have snack time together as a small group if possible
- Notice them & give lots of attention and praise; their hair style etc... ask about their favourite things, take an interest in them. They could draw a picture about their 'special things' e.g. pets etc...

What if things get tricky?

- Offer: Time to talk / time away / their own space / a change of activity
- Change the activities more / less often (depending on their needs/ interests)
- Offer to play a game / a break / do they need food or drink
- Give reassurance
- Use scripts: I can see this is tricky... Let me help... You tell me what's wrong, I'll listen... That's a good idea, let's do that later
- Use non-demanding/ commanding language; "We're all tidying up now..." "It's time for us to..." "You can do ____ or ____, you choose..." " _____ first, _____ next."