

## Supporting Behaviour at Home.

1. Set up an area for 'school work' and only use this for school work if possible.
2. Agree a timetable- what time will you start/end? What lesson or activity will be done? Once agreed try to stick to this as much as possible. You could make a visual timetable together for this.
3. Use a timer to show how long is left of school time.
4. At school we use credits and reward positive behaviour- could you discuss what credits could be won at home? This could then be used to make a rewards chart, prizes could be iPad time, outside play, a biscuit anything that your child likes can be used.

## Sometimes a change in routine can cause frustration which can be displayed as angry behaviour- try to deal with this calmly.

- Create a 'safe space' where your child can sit quietly until they feel calm. This could be a corner of a room, in the garden choose the space together and remember when your child goes there allow them some time out. Agree together how long time out your child needs (usually 5minutes) and use a timer to show how long is left.
- Sometimes when we feel angry it can be hard to say this so create a symbol your child can show you to let you know they need time out and want to use their safe space.
- Create a sensory bag that can be used when your child needs calming down- this could include 'stress/squeezey' toys, sponges, scourers, soft fabric, chewellery, bubble wrap.
- Create an anger-thermometer to help identify what your child may do if they are angry and how they can calm.

If your child is worried then why not make a worry monster to 'eat' their worries? This is a way to share what might be making them feel upset or angry and help you to discuss it. Use an old tissue box, decorate it to look like a monster! Write down what's worrying your child and let them feed it to the monster!

## Anger thermometer example.

### My ANGER Thermometer

What I look like

- Yelling
- Throwing things

What I can do

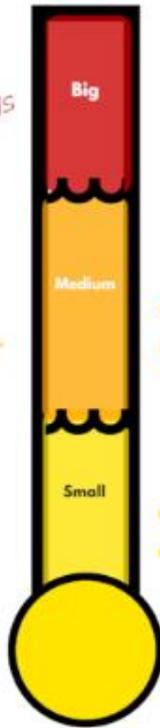
- Take a break
- Shred paper

- Loud voice
- Stomping foot

- Exercise
- Take deep breaths

- Sigh loudly
- Growl

- Get a drink of water
- Squeeze play dough



## Worry Monster ideas.

