



Compass Sheet

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To reach a port we must sail, At times we may need to drop our Anchor so that we don't drift, Sailing in a new direction can change your view and destination. Tackle the waves, adjust the sail.

My targets	My People and Places – those that help me
To use kind words To use kind hands To complete activities asked To remember other people need space.	Mrs Alan Mrs Beck Mrs Collins Mrs Delta Mr Evans
My triggers	Times that I enjoy/ find difficult
Tiredness Playtimes – can be overly physical Physical activity Hunger Change in an adult	Enjoying playing games Finds Play and lunchtimes difficult Needs to be kept under adult supervision at all times during play and lunch End of day/ before lunch as he gets tired.
Consequences for my negative actions	Celebrations for my positive interactions
Needs to be immediate – 5 minutes maximum on the sofa Phone call home every time. Time out away from others. Share disappointment in his actions with him.	Verbal praise – be specific In situ praise from others – adult comes to him Wooden train in playground Sharing a book with an adult Targeted time for a chat Postcard
Strategies to help me	Our words – mine and those to help me co-regulate
Remove him from volatile situations Remind him of expectations If he is overwhelmed distract him Take him for a walk Give him a specific job to do Give work in manageable chunks with reward for completion Identify what colour emotion he is feeling.	Address quietly /in private (calm). When I am upset I may use inappropriate words When communicating with me don't use a lot of words – I "can't" hear them I can see you are feeling angry why don't we... 'Take some time to stop feeling red'

Blue	Green	Yellow	Red
Sad Sick Tired Bored Moving slowly	Happy Calm Feeling okay Focused Ready to learn	Frustrated Worried Silly/Wiggly Excited Loss of some control	Mad/Angry Mean Terrified Yelling/Hitting Out of control