



ATTACHMENT STRATEGIES

If a pupil doesn't believe that you understand, the danger is that they will show you how they feel!
All children need relationships to thrive, but some children need relationships to heal.

Strategy 1:



Encourage pupils to use their TEAM pupil support. The TEAM pupil approach is about relationships with key adults while in the school environment. These are central to the support work being completed with the pupil both inside and outside of school.

Strategy 2:



Know the triggers and read the situation. Consider what might go wrong and how you can turn it around. The stress level continuum is different for everyone, ordinary stressors can be huge triggers for some pupils.

Strategy 3:

Be present physically and emotionally. Try the technique of 'Wonder out loud' e.g. "I wonder if you're feeling..." "I wonder if you would like to...", "We can talk about it later?" Make sure that you do though!



Strategy 4:

De-escalation is key. Humour can diffuse a situation. Don't be shocked. Stay calm and neutral.



Strategy 5:

Allow a movement or sensory break. Try to include heavy work, for example, move a pile of books, collect something in, give something out, allow something to fidget with or doodle on.



Strategy 6:

Develop consistent and predictable routines in your classroom. Avoid change as much as possible. Have realistic targets and expectations. Praise and reward.

