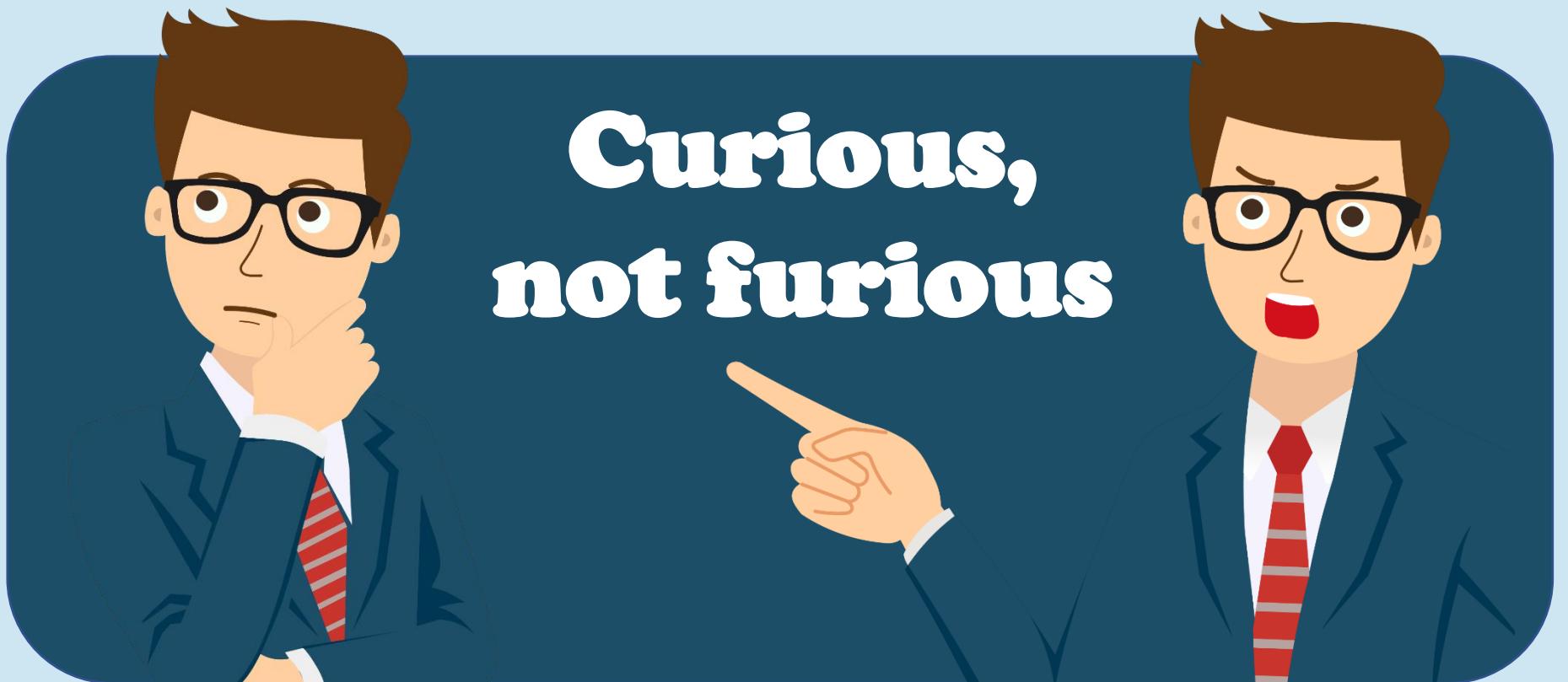




Our Mindset

When we struggle to keep to what we have agreed, everyone will stay:



Adults will help us to work out what might be getting in the way of us doing well.

They will also understand that:

'When we feel better, we do better!'





Relationships are Key

Adults will always work hard to help us feel cared for, supported and liked.

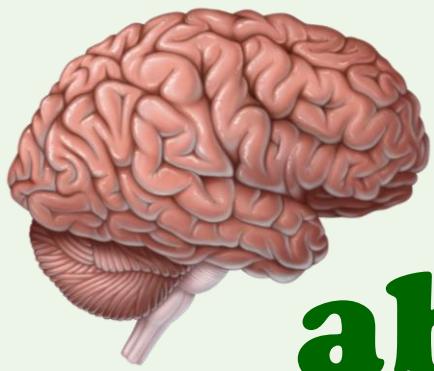


They will always speak and act in kind, calm and friendly ways.

They will plan ways to help us to feel good about ourselves know that we really matter.

We know adults will always be there for us, whatever happens.





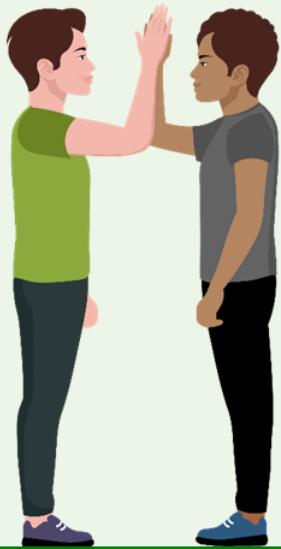
Learning about the Brain

Adults will help us to understand how our brains work.

This will help us to know what is helping or stopping us from feeling good and doing well.



Comfortable



Connection



Count



Capable



Control

By knowing this, we can plan for things to go well – for us and for the people around us. We call this 'Prep4Best'.

Learning about the brain will help us to understand other people better too.



Agreeing Expectations

Adults won't just give rules **to** us.

They will work **with** us to agree how we would need to speak and act at different times for everyone to feel safe, content and able to learn.

They will help us to think about our needs and the needs of others.

This will mean that life in the classroom is:



'Good for me, good for you and good for everyone!'



Prep 4 Best



Adults will plan activities that make good use of our strengths. They will help us to discover ways to manage the things we find hard.

These things will help us to feel capable.

They will let us know what is coming up over the day and week. They will also give us choices and decisions about learning.

These things will help us to feel in control.



Prep4Best



For this to go well for me, and for me to be at my brain best, I need:

<p>1</p> <h3>Body Needs</h3> 	<p>2</p> <h3>Emotional Needs</h3> 	<p>3</p> <h3>Learning Needs</h3> 
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Now listen to the needs of others. Can you think of a way to meet your needs AND those around you?

We will always be given time to think through what will help us to be at our best **before** we start something.

Meeting Our 5C Needs

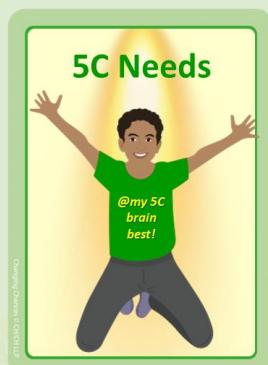


Adults will help us to work out how big or small our need is for different things.

We can then 'Prep4Best' for different activities and situations more easily.



Adults will support us in finding helpful ways to meet our 5C Needs. This will help us to learn and play at our very best.



Comfortable



Connection



Count

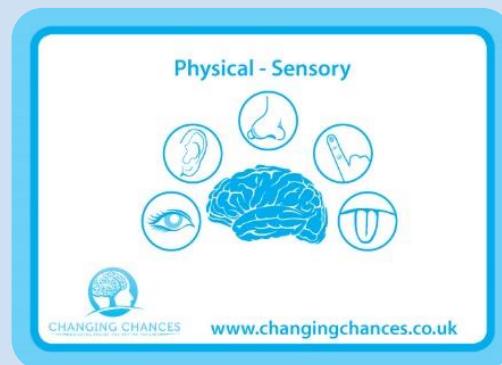


Capable



Control

Physical & Sensory Needs



Adults will help us to know and understand our basic physical and our sensory needs.

They will help us to work out how big or small our cup of need is for different things. We can then Prep4Best for different activities and situations more easily.



They will support us in making sure we feel comfortable in our bodies.

This will mean we can learn and play at our very best.



Comfortable

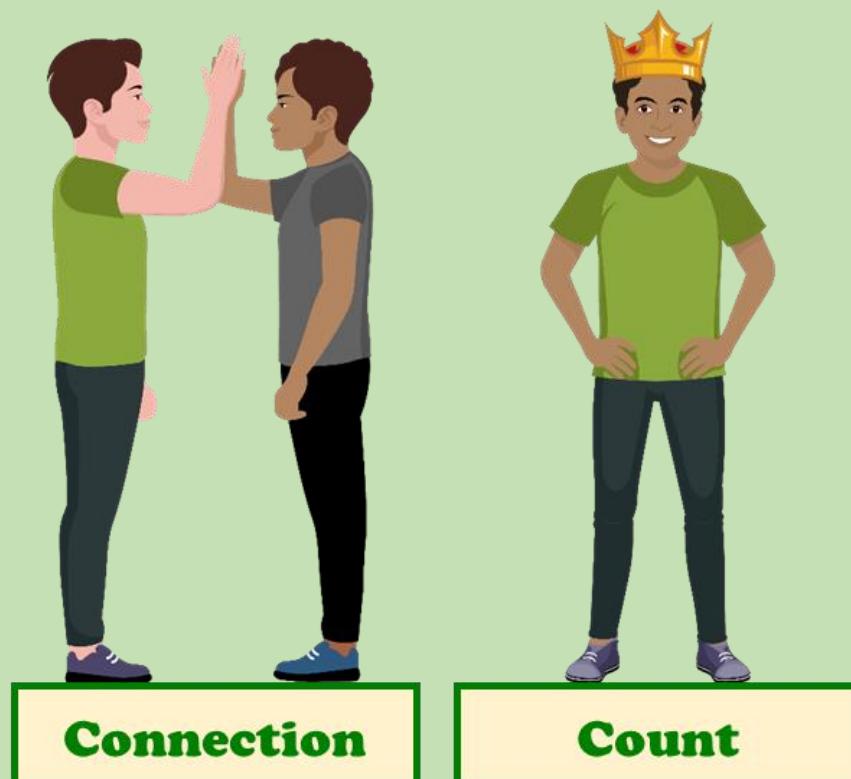
People Around Me

Emotional Needs



Adults will help us to understand what we need to feel great when we are around other people.

They will support us in finding new, helpful ways to feel we are cared for, supported and that we count and matter to others.



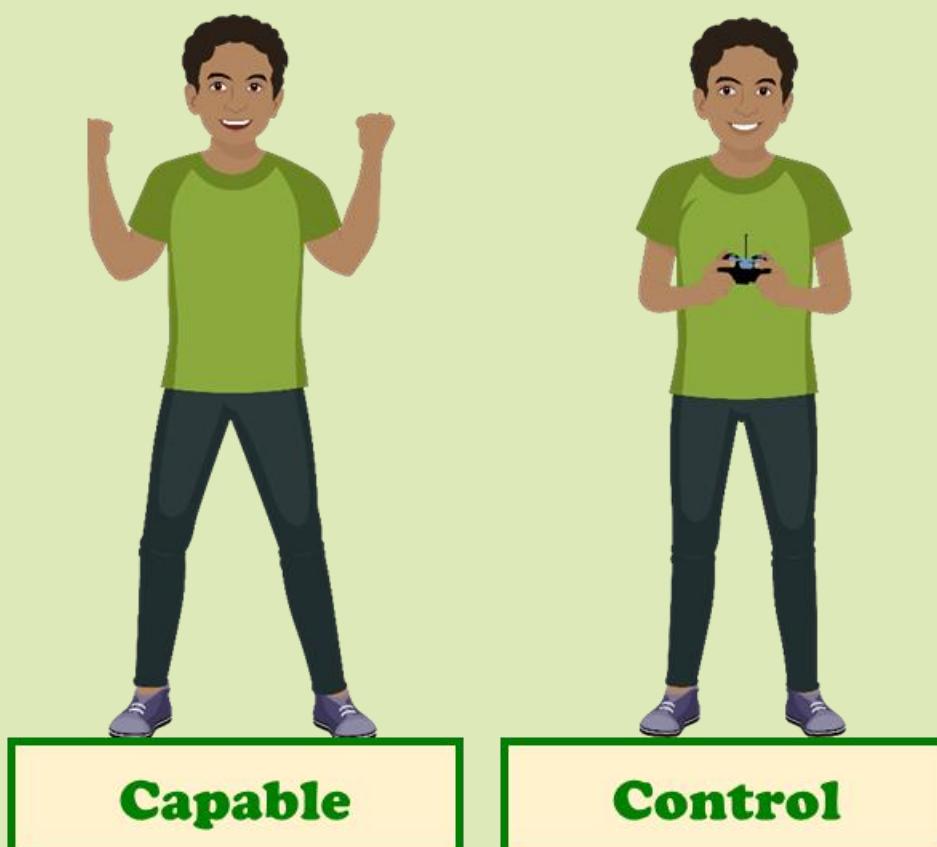
The World Around Me

Emotional Needs



Adults will help us to understand what we need to feel great about the tasks we are doing and the places we are going.

They will support us in finding helpful ways to feel capable, certain and have a sense of control over our lives.



Getting Brain Fit



Adults will help us to make sense of why we might find some things really difficult and other things pretty easy.

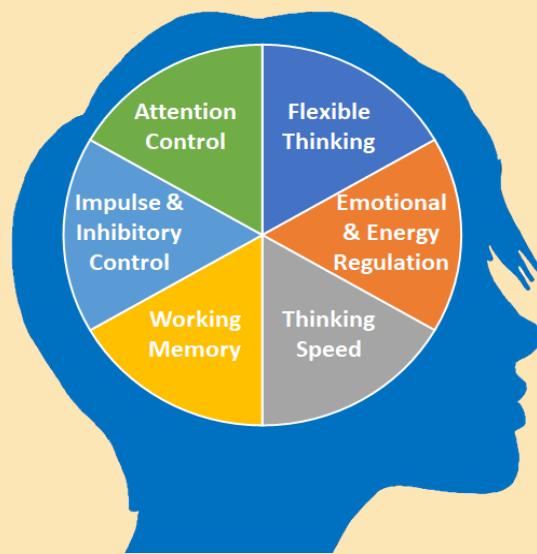
They will help us to understand our strengths and make good use of them.

They will also help us to feel ok about the things we find trickier and know how to manage these well and improve.



They will help us to work out what we need to feel great and do well at school, in clubs and at home.

Building Skills



Adults will help us to build and practise our Control Centre Skills.

Thinking Speed

I make sense of and react to things I hear or see at a speed that works for me and others.

Changing Chances © CH/CH LLP

Working Memory

I can hold information I see or hear in my mind and then use it to do things.

Changing Chances © CH/CH LLP

Attention Control

I can control my attention to get a task done.

Changing Chances © CH/CH LLP

Flexible Thinking

I can switch attention, handle change and look at things in different ways.

Changing Chances © CH/CH LLP

Impulse control

I can stop and control an impulse to say or do things.

Changing Chances © CH/CH LLP

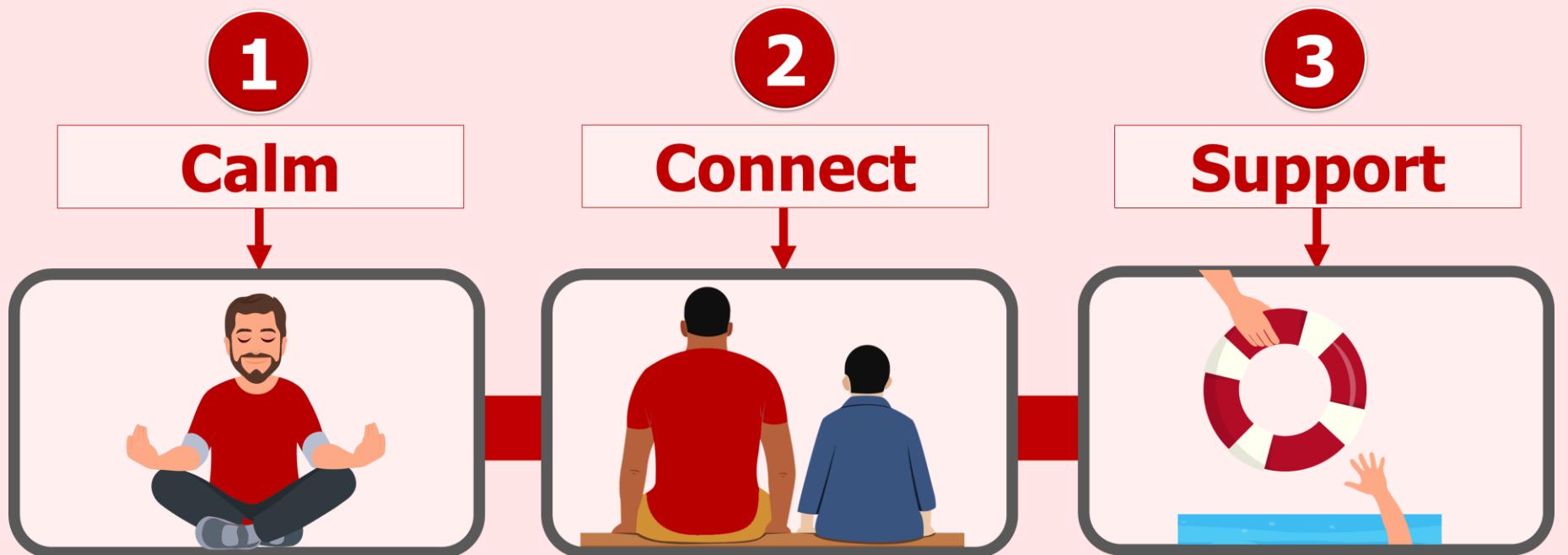
Emotional & Energy Regulation

I can show feelings and control my energy in a way that is ok for others and suits the situation.

Changing Chances © CH/CH LLP

This will help us to learn new things and get on with people. It will also mean we can manage much better at times when we don't feel so good.

When Things Go Wrong



When we struggle to keep to what we agreed, people around us will always try to stay calm and be kind.

They will help us to feel cared for and supported, no matter what.

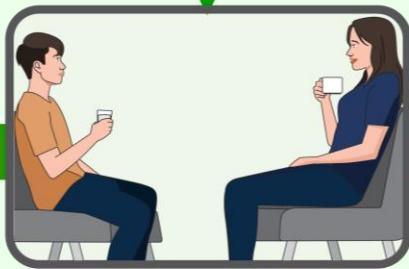
They will try to see things from our point of view.

They will help us to think of ways to feel good again so we can get back on track and do well.

Follow-Up for Progress

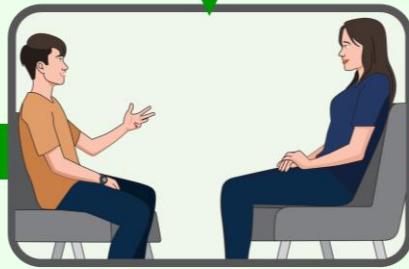
4

Introduce



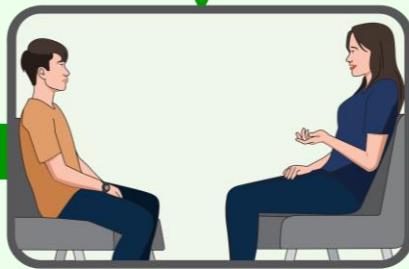
5

Listen



6

Share



7

Solve



If we don't manage what was agreed, adults will **always** have a Coaching Conversation with us.

They will wait until everyone is calm and can think clearly.



In the Coaching Conversation we will get a chance to say how things were for us.

We will also hear how it was for others.



We will then be helped to problem-solve ways for it to be better for everyone next time.



We know our solutions may not work at first. We may have to try different ones.

Repair Time

8

Repair



When things go wrong and other people get upset, hurt or things get damaged, we know there will **always** be 'Repair Time'.

During 'Repair', adults will help us to think of ways to put things right so other people feel better and their needs are met well.

This will also help us to learn how other people might feel in different situations and to learn how to **want** others to feel good.



Coaching for Change



If we keep struggling to talk and do things in the way we all agreed, adults will work with us in coaching sessions.

Coaching Time will help us to build our skills and find more helpful ways to fill our needs.

We know we will have to work hard and may have to give up our own time.

We know this isn't a punishment – it is to help us to **feel** better so we can **do** better.

