

# Problems in the Playground

Recently we have been having some problems with our emotions and behaviour when playing football in the playground.



This resulted in a football ban rooms 12 and 13.

We decided we needed to try and tackle (pardon the pun) the problems and try to come up with a solution.

# Fair Play Plan

We worked together to think about and remind ourselves how we wanted to feel in our school and playground...

happy

enjoyment

respected

Excited

safe

appreciated

joyful

entertained

valued

heard

supported

included

cared for

# Fair Play Plan

Everyone plays safely and respectfully together

**BUT** when we play football together things often go wrong!

We used emotion works to think about the **triggers** and the **body sensations**

## Triggers

Someone hurting a friend or us

People using bad language/unkind words/racism

People telling lies/diving/time wasting

Bad tackles

Arguing over rules/disagreements

Cheating/Not playing fairly

Disappointment/losing

Chanting/mockings/Heckling

## How it Feels

### Body Sensations

Tense hands/clenched fists

Gritting your teeth

Tense jaw

Shaky all over

Feel it in our head and eyes

# Fair Play Plan

Everyone plays safely and respectfully together

BUT when things go wrong we start to show behaviours that we don't like and aren't respectful or safe!

We used emotion works to think about what these **behaviours** are.

## Behaviours

Hurt people/fight

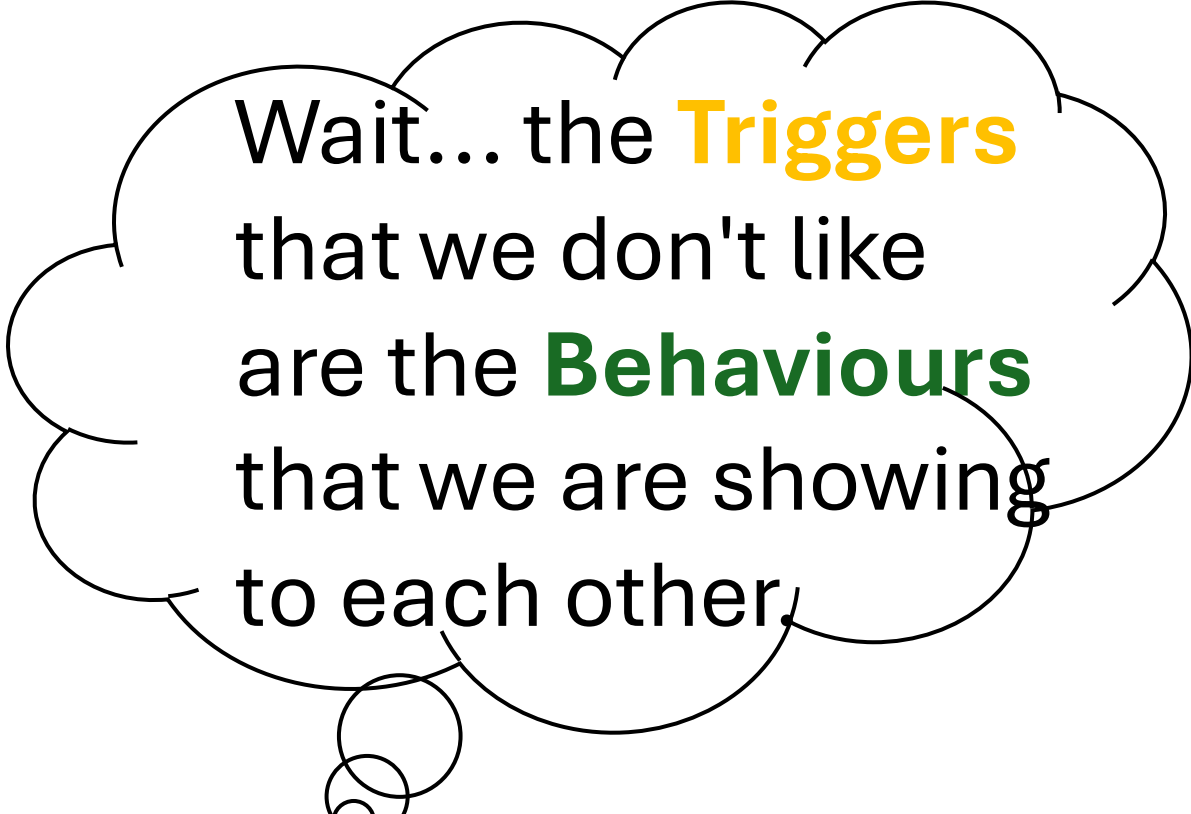
Use bad language/unkind words/racism

Argue /shout

Play roughly/ get physical

Cheat/Not play fairly

Chant/mock/Heckle



Wait... the **Triggers** that we don't like are the **Behaviours** that we are showing to each other.

# Fair Play Plan

Everyone plays safely and respectfully together

When things start to go wrong, and we can't cope anymore, we need to use strategies to help us!

We used emotion works to help us think of **regulation strategies**.

## Regulation Strategies

- Call them out, ask them to stop
- Walk away
- Take deep breaths/have a break
- Get an adult

**We need to own  
our mistakes and  
learn from them.**

**We are UNIQUE**

**We are STRONG**

**We are LOVED**

**We BELONG**

# Fair Play Plan

Everyone plays safely and respectfully together

Thank you for listening to our presentation. We hope you found it helpful.

We would like you to hear from you if you have anything you would like to add, so that we can work together across all stages of the school to create a safe and happy place for us to play and learn together.

