

## Hello Mary Russell School Community!

Our Health and Wellbeing Team here. Some of our Nurture work at Mary Russell School involves the use of positive communication. We've adapted the examples below that you may find useful to try with each other.

**LANGUAGE PATTERNS**...these are simple to learn and found to be effective

### **“WHEN...THEN”**

**WHEN** you wash your hands **THEN** you can get back on your Xbox

### **IF ....THEN**

**“IF** you do your school work **THEN** you can watch some TV

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### **RUNNING SCRIPTS**

- Describe what you see e.g. with their emotions “oh my goodness you look happy today, you have a big smile on your face”!
- “I’m wondering if you’re a bit tired today, you look a little pale?”
- Name and model emotions e.g. **I’m wondering** or **“I’m sensing”**
- Get curious, not furious!
- Notice how they are looking and say what you see, “you’re a bit jumpy this morning, why don’t you come with me and help me .....