



I PLEDGE TO...

To ensure that I check in with the children each day to discuss their feelings and emotions.

To use positive affirmations when supporting children through times when they are struggling with their emotions.

To support staff and their wellbeing, in order to support our pupils and families.

To introduce mindfulness sessions.

To take time to look at the bigger picture when dealing with low level behaviours.

To make a point to check in with children who I may not have made connections with, within the school.

To reframe my language and not try to fill in the blanks when communicating with children.

To check in with all children.

To be present with the children and take time daily to check in with my learners.

Create a safe space in the nursery.
Light/dark.

To build in time to achieve a focused check-in time everyday to give everyone's voice a time to be heard.

To reframe my language when talking to children.

To provide more opportunities to allow for pupils' self regulation.

To introduce my worry monster this term.

To reintroduce my visual timetable and update it daily.

To speak directly and clear. Be consistent.