

To have daily check ins with everyone no matter what busy situation happens.

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 use the colour check ins.

To make time for a wellbeing check in within the classroom.

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.

I PLEDGE TO...

To introduce my worry monster this term.

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

To have a morning check in of feelings.

To dedicate time to recognise all children's behaviour and nurture them as best I can.

To reframe my language when talking to children.

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

To reintroduce my visual timetable and update it daily.

To speak directly and clear. Be consistent.

To have morning meetings to regulate and welcome children as they come to school.