



Positive Behaviour Management

We recognise that children need support and guidance to develop appropriate behaviours and feel happy, confident and self-reliant. We aim to guide and support children through the following principles-

- Adults model good behaviour by talking to the children and each other with respect and showing good listening skills.
- Calm and predictable routines.
- Clear and simple guidance and language about expected behaviour-
 - Kind words
 - Kind hands and feet
 - Share toys and take turns
- Practise calm power – help children to recognise their feelings, take care of them in positive ways and act safely.
- Encouraging and expecting children to take responsibility for tidying up.
- Identifying and reducing, where possible, the circumstances that trigger unwanted behaviour.

Calm Power

Children's brains are developing, so they don't have the same ability to control themselves that adults do. Children need to understand that all of their feelings are acceptable and normal, including anger. Everyone gets upset sometimes and wants to do hurtful things. As adults, we can help children learn how to stay in charge of what they do or say even if they are feeling very angry or upset at that moment. Being able to recognise when you are feeling upset, take care of your feelings in positive ways and act safely no matter how you feel inside is a tremendous life skill and we work with the children at St Michael's to help develop this:

Show children how to pause, listen and take calm breaths

Showing children how to focus on their breathing will help them to become calmer. Practising deep breathing every day will develop a new 'brain habit' and provide children with a strategy to focus their attention and relax.

How to do it-

- The children can be seated (cross legged is best) or standing.
- The adult should talk in a happy but low, calm and slow tone throughout the session.
- Say '*let's give ourselves some calm power*'.
- Say '*make your back straight*' and show the children what it looks like to have a straight back. Say '*put your hands in the air and bring them down to your tummy, close your eyes if you wish*' and model the actions.
- Say '*take a deep breath in through your nose and slowly, slowly let it go*'. Repeat this two more times. (All adults should model breathing with their eyes closed).



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- Say 'well done, that's calm power' and smile.
- Say 'if you have any bad feelings or worries, you know what to do, take a deep breath in and blow it away'.
- Say 'give yourself a big hug' and model this for the children.

When to do it-

Daily, at circle time.

Teach children how to recognise and manage the feelings and actions that lead to unsafe behaviour.

Ask the children to pretend to feel angry or upset (choose one child, then repeat the practise with the others). Explain that having these feelings is normal and we all have them but we have to learn to feel our feelings while staying safe in our bodies. We can do this by practising calm power.

Do the calm power breathing practise, sitting or standing.

At any moment when the adult can see that a situation is escalating and needs calming or when a child has become upset or angry, remind them to use calm power and coach them through the motions. Give praise, when they manage to do it even partially.

Try to use the same simple language each time. If a child hits or hurts someone, the consequence can be to have time in a quiet place, practise stopping, acknowledge the feelings that led to the outburst, review the 'plan' on using safe ways to manage aggressive feelings, then practise the plan together. Give frequent praise for practising.

The core practise of calm breathing can be supported by the following strategies. Just remember to keep it as simple as possible. Only add extra strategies if they are really needed.

Mouth Closed Power - Stopping a child from saying something that might be hurtful or inappropriate. Younger children might need to practise by pushing their lips together and putting their hands over their mouths to make them stop. You can rehearse by going over a situation that happened and having them get ready to say something mean and then stop.

Hands Down Power – Stopping a child from hitting or hurting others. This can be done by the child pressing their hands down at their sides or putting them in pockets so they are hard to get out. Use role play to practise then have a cue – when you say 'hands down', their hands go down or into pockets.

Walk Away Power – Moving away from trouble. Practise by pretending to be a child who is about to push or poke without actually doing this to the child. Coach the child to leave with an attitude that is aware, calm, respectful and confident.



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Use practise as a natural consequence of making unsafe choices. Sop a child from being aggressive immediately and firmly, with loving support and simple clear language. E.g. 'when you hit me, it hurts. I feel sad. Do not hit me. You are a good person. Let's practise stopping yourself from hitting.

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