

CLASSROOM RULES (could be used at home)

Sit cross-legged Wait quietly for your turn
Listen to the person who is talking
Keep your hands to yourself Use gentle touches
Raise your hand if you want a turn

PUPIL OF THE DAY

Every day, one child per class gets certain privileges, is the teacher's helper and is given compliments by their teacher; their peers and themselves. These are recorded on a compliments sheet.

When children feel good about themselves, they are more ready to learn, make better choices and want to be involved in a positive way.

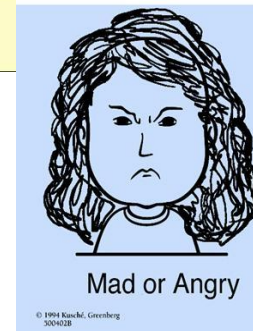
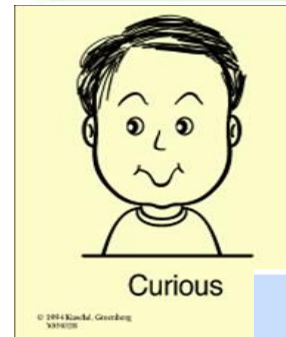
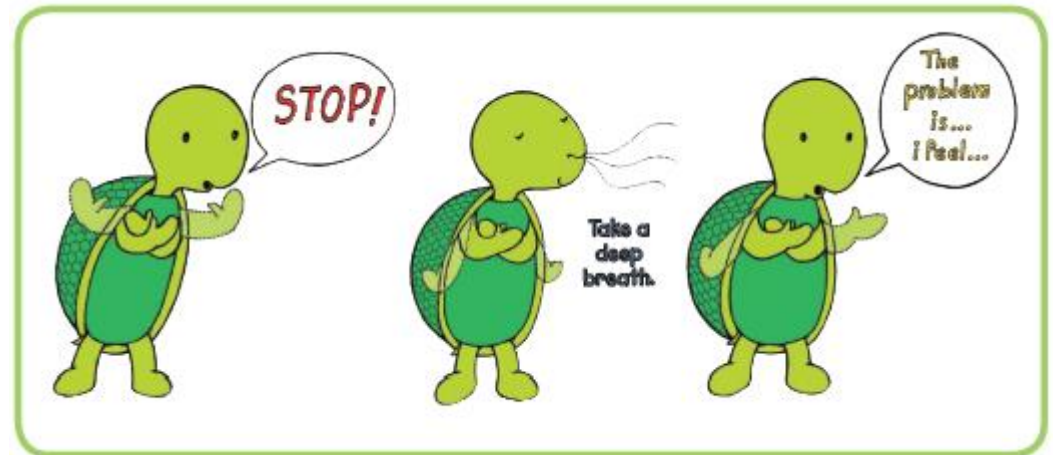
FEELING FACES

Twice weekly lessons teach children about different feelings and how to deal with them. They are given cards which show how people look when they are feeling the different emotions.

These feelings change throughout the day and are comfortable, uncomfortable or private. All feelings are okay, but some behaviour is not.

CALMING DOWN

Special techniques teach children to stay calm and in control. They learn how to stop and think before acting in a hurtful way. They are also ready to think about how they can solve their problem.



Doing 'Turtle'

Stop and wrap your arms around yourself

Take a deep breath

Say what the problem is

Say how you feel