

Welcome!



Helping your child to be their best at
home and at school!

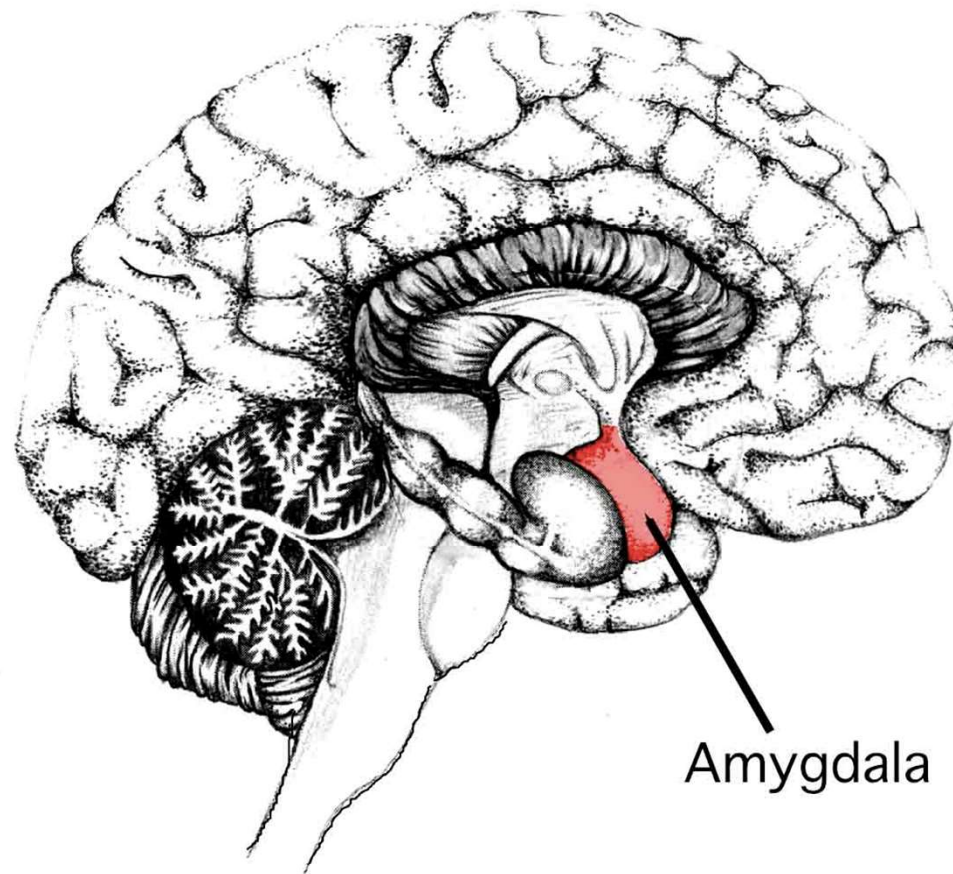


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All feelings are normal!



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Amygdala

Survival brain state



Fight Vs flight





Fight - shouting, hitting,
pushing, saying 'no',
ANGER

Flight - running away, hiding,
shutting down, not talking
ANXIETY



Anger is a normal and healthy emotion

But it's not ok to hurt yourself
hurt others
damage property

These are the anger rules



Physiological changes

- Many changes occur in the body when someone becomes angry or anxious



Physiological changes

- Increased heart rate
- Liver dumps sugar into the blood
- Breathing rate increases
- Face may become flushed due to increased blood flow
- Blood pumped away from stomach
- Brain narrows focus on the perceived threat



Physiological changes

- High levels of arousal decrease ability to lay down long term memories...
...which is why you may not remember the details of an explosive argument
- Can't process language as efficiently or plan ahead for the long term.

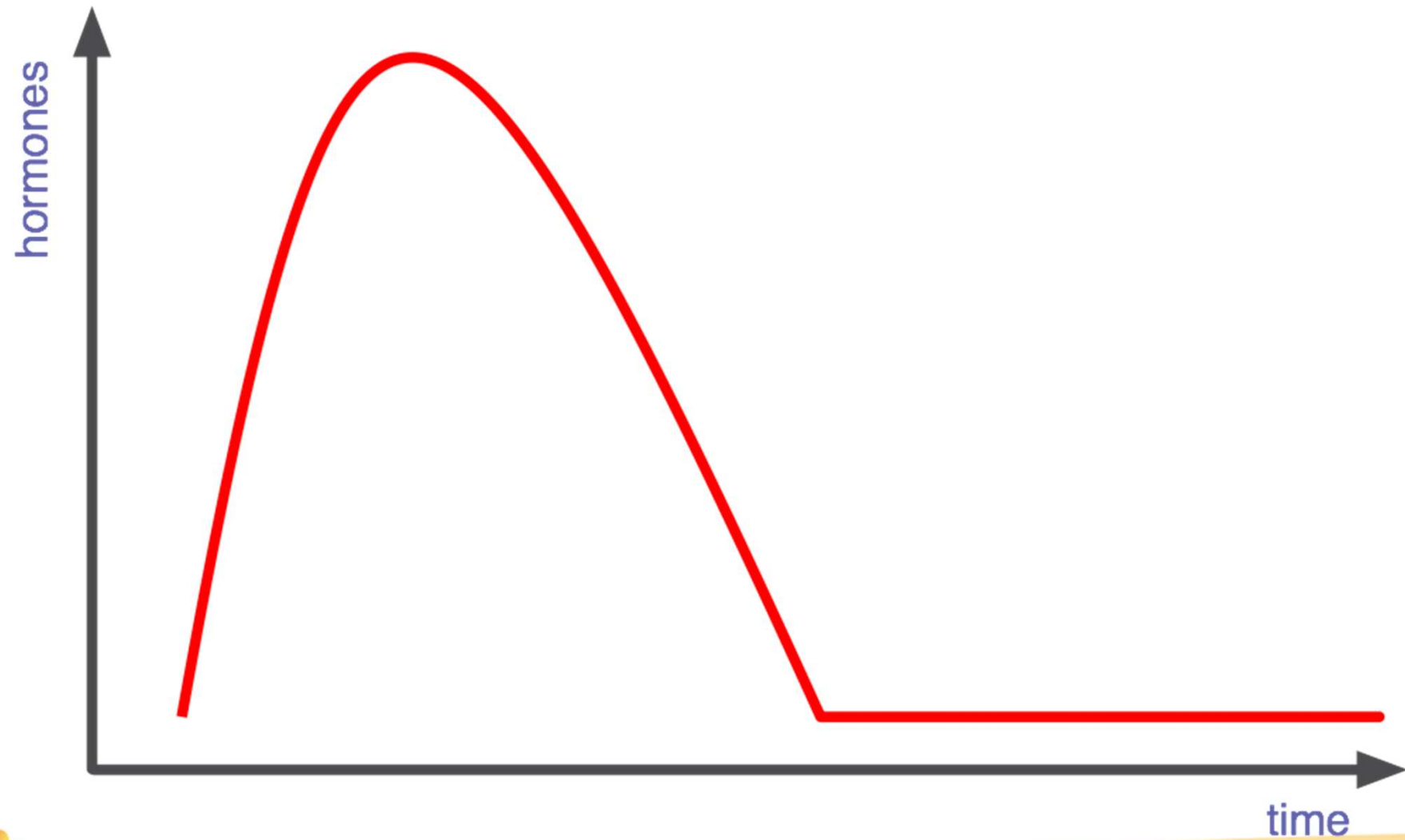


Why is this useful to know?

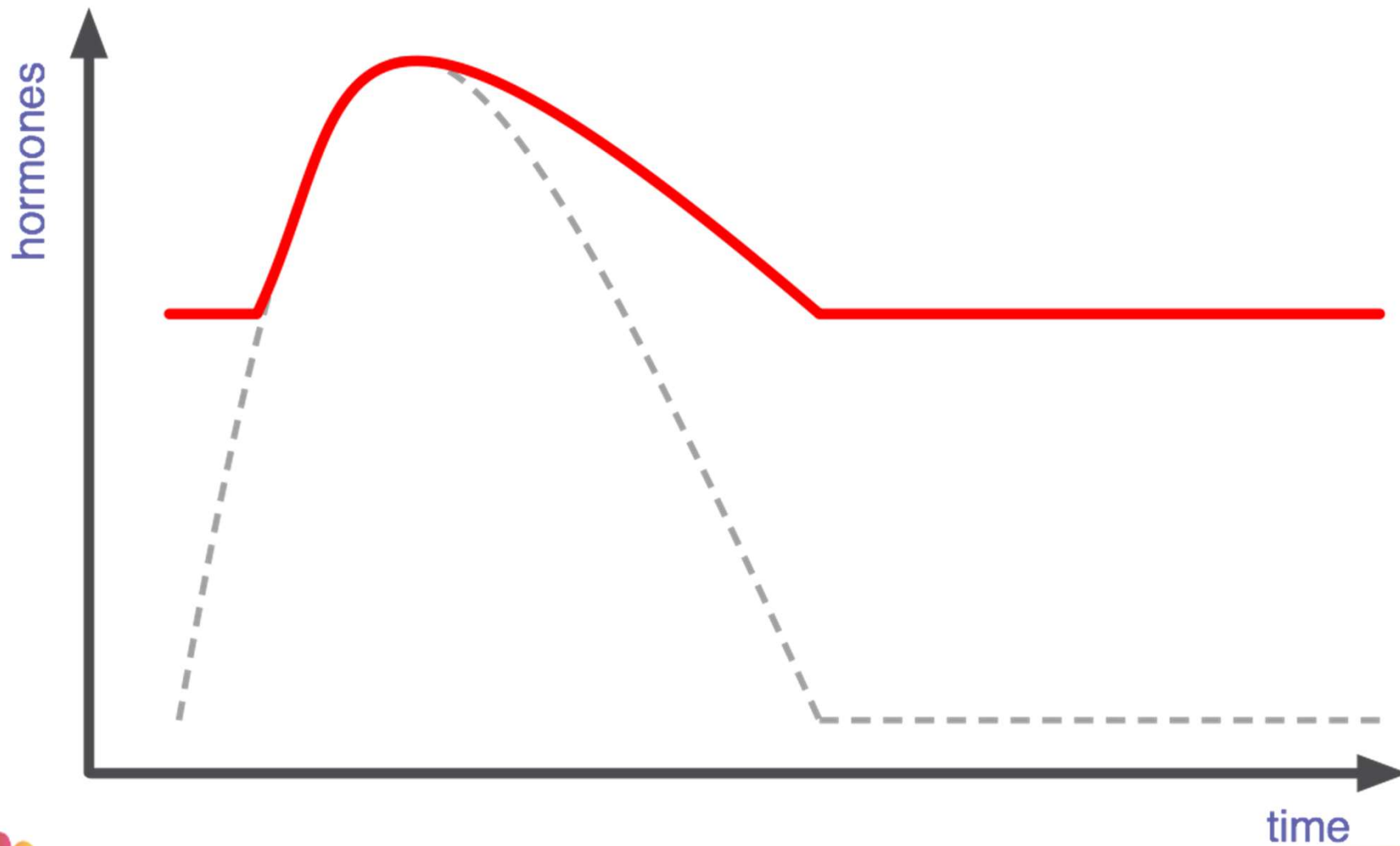
So that we can help our kids **EARLY ON**,
before the problem gets too big to
handle.



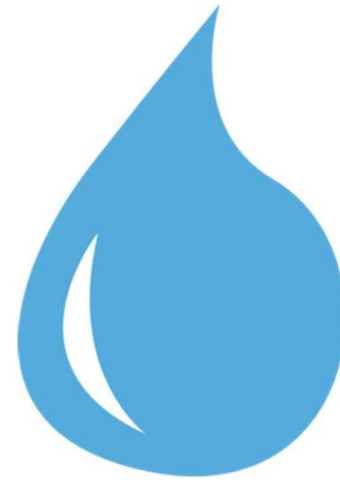
The anger cycle



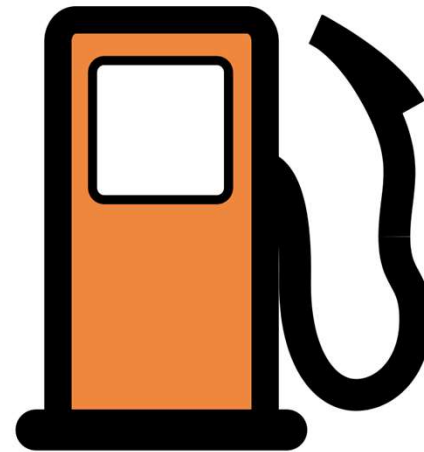
The anger cycle



Do not make the situation worse!



water

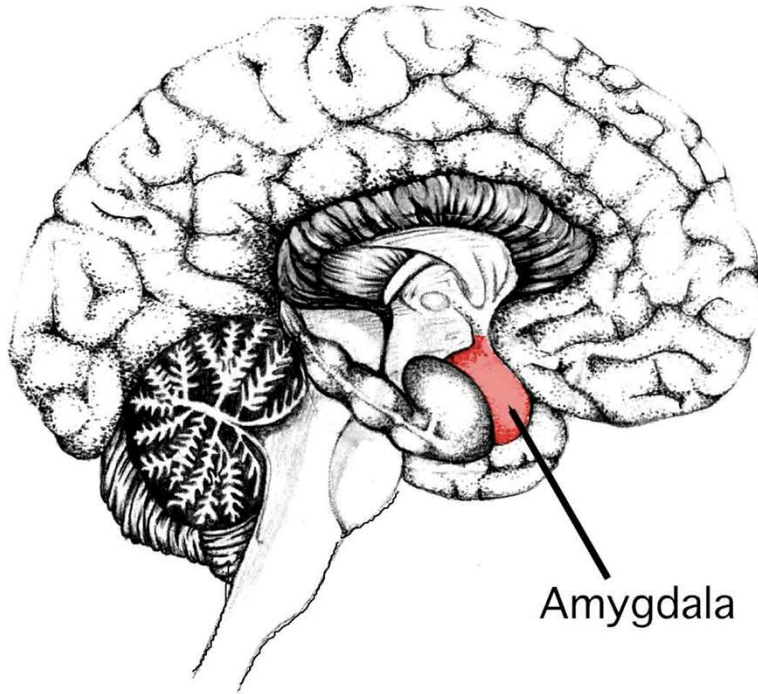


petrol

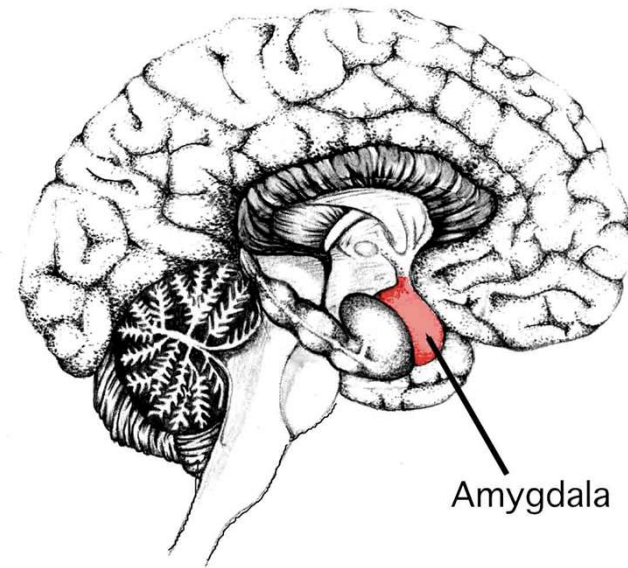


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Control your own response



YOU



YOUR CHILD

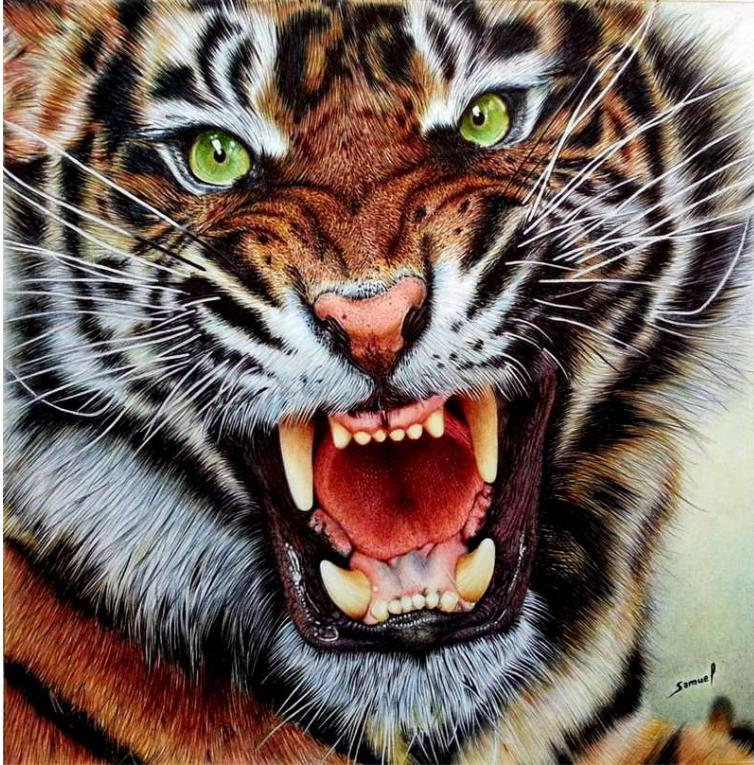
Notice the early warning signs



- Making fists
- Puffing
- Change in eye contact
- Sulking
- Change in body posture
- Winding up others
- Change in tone of voice
- Tearful
- Changes in eating /sleeping habits



Remove the threat



- Move the threat away
- Move **them** away from the threat
- Try **distraction** - talk about something else

Don't make things worse!



- Talk calmly (but not too calmly)
- Think about your tone and body language
- Don't blame or belittle
- Don't tell them off
- Don't say I told you so

Show them that you understand how they are feeling:



- Say 'I get it.' 'Its ok to feel cross'
- Tell them you understand
- Repeat back - 'I know you don't want to tidy your room.'



3 steps to emotion coaching

1. Name the emotion
2. Set boundaries
3. Problem solve together



‘I can see that you are frowning...’

‘I think that means that you are getting mad’

‘In this house, its not ok to shout at each other.’

‘Let’s try, having a drink of water to cool off’



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Ways to calm down



- Walk away
- Take 5 deep breaths
- Think of a happy time
- Punch a pillow
- Go and play outside
- Have a drink of water

Ways to calm down



- Tell a grown up
- Do something you enjoy
- Lie on your bed
- Play with a favourite toy
- Talk about it later
- Star fish breathing



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Sign up for our email series with ideas and tips for managing behaviour in school.



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