

Useful Sentence starters....

Mentalisation based strategies may be helpful for staff to continue to use to support xxxxxx at times that he feels overwhelmed by anxiety:

5 useful strategies for staff to use

1) Wondering aloud

EXAMPLE

I **wonder** if you are feeling worried today about "*your writing task*" and that is why you "don't want to sit" on your seat? "

2) Providing emotional holding / containment

EXAMPLE

'You are very cross right now because you don't want to do your writing. You probably wish that we weren't writing today. Take a minute to think about how we can help to get you started, I will come in a few minutes.

3) Communicating empathy and hope

"You seem very happy / sad..."

"Are you worried about this..."

"I know you're going to get stronger at this ... I can see you getting better day by day."

In addition, Communicating how you feel about their behaviours can be helpful as well (using affective statements)

"Good job today, Joshua" versus "Joshua, I was really happy that you worked for the entire class period today "

4) Providing choices

- Need help with making choices of action wherever possible (maximise opportunities)
- Allows pupils to feel that they had contributed
- A sense of feeling in control
- Build relationships

5) Modelling the skills to manage emotions

EXAMPLE

- Provide the experience of relaxing/ calming in a safe environment
- Relaxation approaches (e.g. a quiet space, a calm box and 5 point-scale)
- Show and practice how you manage emotions
- This may mean explicitly teaching how to stay calm
- Practising resolving conflicts – through modelling and role play
- Laugh with them to de-stress him
- Need opportunities to learn how to have fun and relax