



Cards for Externalisation (yellow)



An Alien



A Safety Blanket



A Person



A Large Animal



A Monster



A Small Animal



A Thing



A Super-Hero



Cambridgeshire
County Council

SEND Service 0-25 Years



Cards to Explore Functions of Behaviour (blue)



I don't feel safe



I can't do this



**I don't know how to
make friends**



**I don't know how to
keep friends**



I feel sick



**I want to be liked
by other kids**



**I want to be liked
by adults**



**I don't want to be
noticed**



I want people to
notice me



I feel hungry



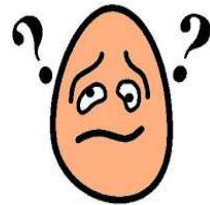
I am tired



I'm worried
about



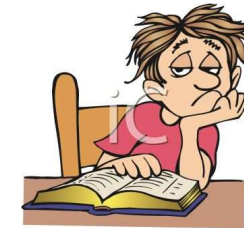
My head is so full



I can't think
straight



I want to be in
charge of my friends



I'm bored



I'm finding it hard
to concentrate



I don't like it when
adults shout



I don't like it when
adults shout at me



I don't want to cry
in front of others



**I don't know what
to do**



**I don't want people
to think I'm stupid**



**I can't remember
what you said**



**I need to be in
control**



**I get nervous when I
don't know what's going to
happen next**



**I don't like it when
things change**



**I don't want to
write**



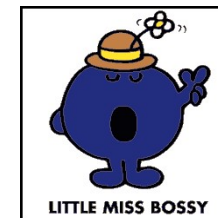
**I don't want to
read out loud**



**I don't like it when
it's noisy**



**I hate it when the
teacher isn't fair**



**I don't like being
told what to do**



I like winding
people up



I want to be sent
out of lessons



I want to be sent
home



I want to be on my
own



I feel angry



I feel out of
control



I feel worried



I feel calm



I want to talk to
an adult



I feel wound up



I wish I had a
good friend



I don't like being treated
like a little kid



**I feel
embarrassed**



**I don't want to
look different**



**I don't get help
when I ask**



**I don't like changes of
teachers and teaching
assistants**



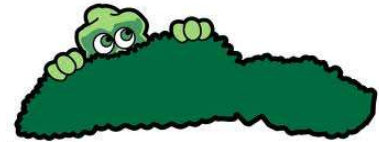
Cards to Explore Environmental Support (orange)



Less noisy



Less busy



Not so much
attention on me



Using a
Time-Out Card



Where I sit



Having a safe
place to go to



Help me with
making friends



Help me with
making friends



Help me with
keeping friends



The way people
are talking



The way people
are behaving



Who I sit with?



Not having to
write so much



Being reminded
what I need to do



Giving me work
one bit at a time



Help with getting
ready for changes



More practical
activities



Not so much
group work



Having something
to eat



Having something
to drink



How hot it is



How bright it is



More help when I
need it



Having a key adult
who can help



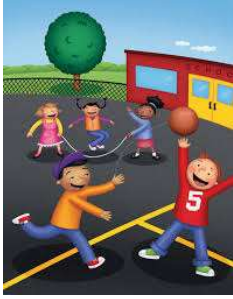
Being able to go
outside



Help with getting
started on my work



How close people
stand to me



**Having something to
at play/break time**



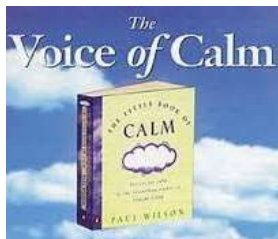
**Having a job to
do**



Having a break



Cards for Reactive Strategies (red)



Use a calm voice



Let me draw



Use a firm voice



Use a very quiet
voice



Use a very loud voice



Ask me to smile



Give me time to think



Remind me to use my
Time-Out card



Let me know I have
a choice



Reassure me that
people want me to be
ok

hi, i like you.

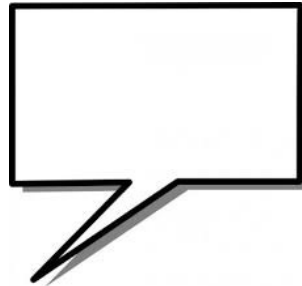
Reassure me that
people like me



Reassure me that
people want me
around



Help me take my
mind off it



Talk about something
else



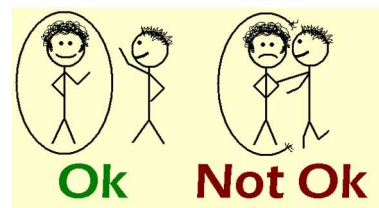
Surprise me



Describe to me what
I'm doing



Offer me some space



Give me space



Place your hand
gently on my
shoulder



Show me 'The Look'



Talk to me about
what's happening

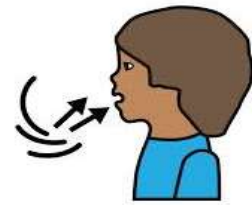
Give me a hug!!!!



Hug me



Find an adult I trust
to help me out



Remind me to
breathe



Rules

Go over the rules



Give me a job to do



Encourage me to
leave the room



**Tell me you're going
to call home**



**Give me a sign to
show you care**



**Leave me alone to
calm down**



**Gently show me out
of the room**



**Remind about a time
I did something
really good**



**Give me some help
with my work**



**Let me leave the
room**



**Take my arm and
guide me from the
room**







**Get everyone else to
leave the room**



 <p>Tell me what the consequences are</p>	 <p>Help me to laugh</p>	<p>Rewards</p>  <p>Tell me about my rewards</p>
 <p>Smile at me</p>	 <p>Let me go to a small space in the room</p>	 <p>Let me go to a safe space in school</p>
 <p>Ask my friend to help me out</p>	 <p>Show me you're really listening to me</p>	<p>Once upon a time...</p>  <p>Tell me a story</p>



 <p>Sing me a song Smile at me</p>	 <p>Give me something to squeeze</p>	 <p>Let me look at the sky</p>
 <p>Let me listen to music</p>		