

Social, Emotional, and Wellbeing

What you might see:

You might see a child who:

becomes overwhelmed and reacts by shouting, hitting, running away or hiding.

uses inappropriate language when upset.

avoids tasks or situations they find difficult.

tries to control situations or other people.

becomes frustrated or angry when things do not go their way.

struggles to cope when told “no” or when plans change.

Outward Behaviours

What you can try:

Reflective question: Before applying the strategies below, consider, ‘what might this behaviour be communicating about their social development needs?’

- Use emotion coaching consistently to help recognise and manage their feelings.
- Develop a personalised regulation plan that identifies triggers, early warning signs and helpful strategies.
- Use de-escalation strategies such as reducing language, lowering demands and allowing time and space to calm.
- Validate how they are feeling while maintaining clear expectations.
- Model calming strategies such as breathing, counting or grounding techniques.
- Offer simple choices that help pupils regain a sense of control.
- Redirect pupils towards calming or regulating activities.
- Provide access to a trusted adult who can support co-regulation.
- Use personalised visual supports such as emotion scales or regulation cards.
- Run small group sessions to practise recognising body signals and calming strategies.
- Offer planned movement or regulation breaks supported by an adult.