

# Relational Plan 2025 - 26



Name & class:

Date:            Review:

<p><b>My teacher says I am...</b></p> <p>?</p> <p><b>I am good at...</b></p> <p>?</p>	<p><b>When I struggle you will see...</b></p> <p>?</p>	<p><b>These things upset me...</b></p> <p>?</p> <p><b>Things that help me when I am upset...</b></p> <p>?</p>	<p style="text-align: center;"><b>To help me feel calm again...</b></p> <ul style="list-style-type: none"> <li>● PACE (Dan Hughes) Hold him/her in your mind - notice him/her, comment e.g. I was thinking about you at the weekend - "I saw a Lego model and thought you would really like that."</li> <li>● Attune and validate <b>Script</b> "I can see you are finding (name the emotion) difficult - I am wondering how/if I can help you?"</li> </ul> <p><b>Routines:</b></p> <p><b>Strategies:</b> <b>Script</b> "I wonder / I imagine / I noticed..." (W.I.N)</p> <p>3, 2, 1 - tool: 3 things you can see, 2 things you can hear, 1 thing you can smell (or you can use touch)</p> <p>Use a 'Tag team' approach</p> <p><b>Consequences:</b></p> <ul style="list-style-type: none"> <li>●</li> </ul>
<p><b>Key Adults</b></p> <p>Key adults in class:</p> <p>Other agencies:</p>			<p style="text-align: center;"><b>Emergency procedures</b></p> <p>If (add name) is at risk of hurting him/herself, others or damaging property and is are not responding to the strategies on her/his plan staff will support by:</p> <p>add in</p> <p><b>Support through co-regulation:</b></p> <p><b>Script</b> "I can see you are finding (name the emotion) difficult - we will...(add in routine) to calm down."</p> <p><b>Script</b> "I can see you are still feeling very cross - I'll give you ?? minutes to be calmer and then I will help you."</p>
<p><b>Other Assessments / Interventions:</b></p> <p>??</p>			

**Rupture & Repair:**

**Script** “When I am upset it helps me when someone gives me a hug - I wonder if this would help you?”

**Safer Handling**

Staff at St Martins have had safer handling training (PiPs) to support children and adults when things go wrong for a child.

In the event that your child is at risk of hurting themselves or others, known adults will safely move him out of the classroom to a place where he can regulate with a known adult present.

The need for safer handling will be reviewed regularly, as this is not an intervention we wish to rely on, and will only be used where safety is a concern.