THE SSSJ WAY

Size of the Problem

THE SSSJ WAY ~ Recap

READY



RESPECTFUL

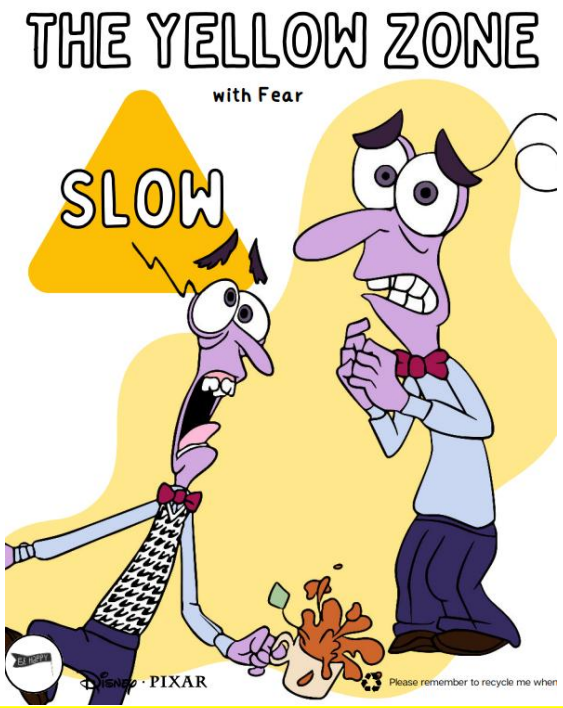


SAFE



Quick Recap on the Zones of Regulation



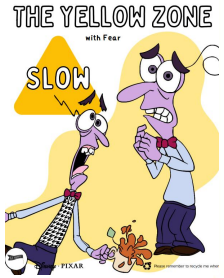




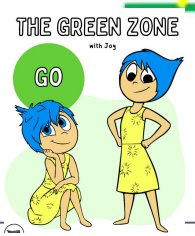


Emotion Curve









Regulating but sensitive management is needed

Escalation of behaviour

What does regulating look like?

Return to regulated

What are the early warning signs that lead up to full escalation?

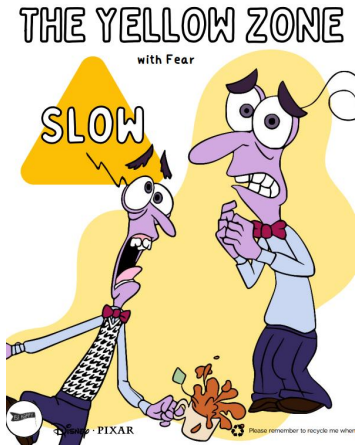
What does regulated look like? What does happy look like? E.g., activities the young person may be doing.

Recovery:

Triggers







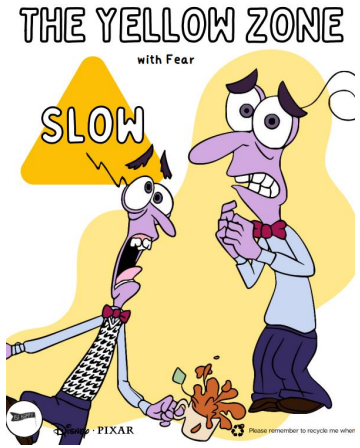


Loud noises
Learning that is boring to you
Tags in your jumper or cardigan
Learning that you find hard
Arguing with your friend
Getting questions wrong
A last minute change to our visual timetable
Feeling unwell
Getting too many instructions at the same time

Triggers









Making a card for my parents
My teacher not choosing me to answer a question
Feeling tired as you haven't slept well
Winning a game at playtime
Thinking that you have been told off and your friend hasn't
Having to sit on the carpet for a long time
Losing a game of football at lunchtime

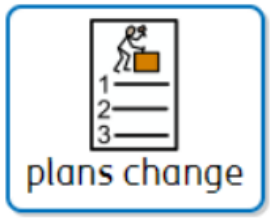
Size of the problem should match the size of the reaction



Size of the problem should match the size of the reaction



TINY PROBLEM



LITTLE PROBLEM





MEDIUM PROBLEM



BIG PROBLEM



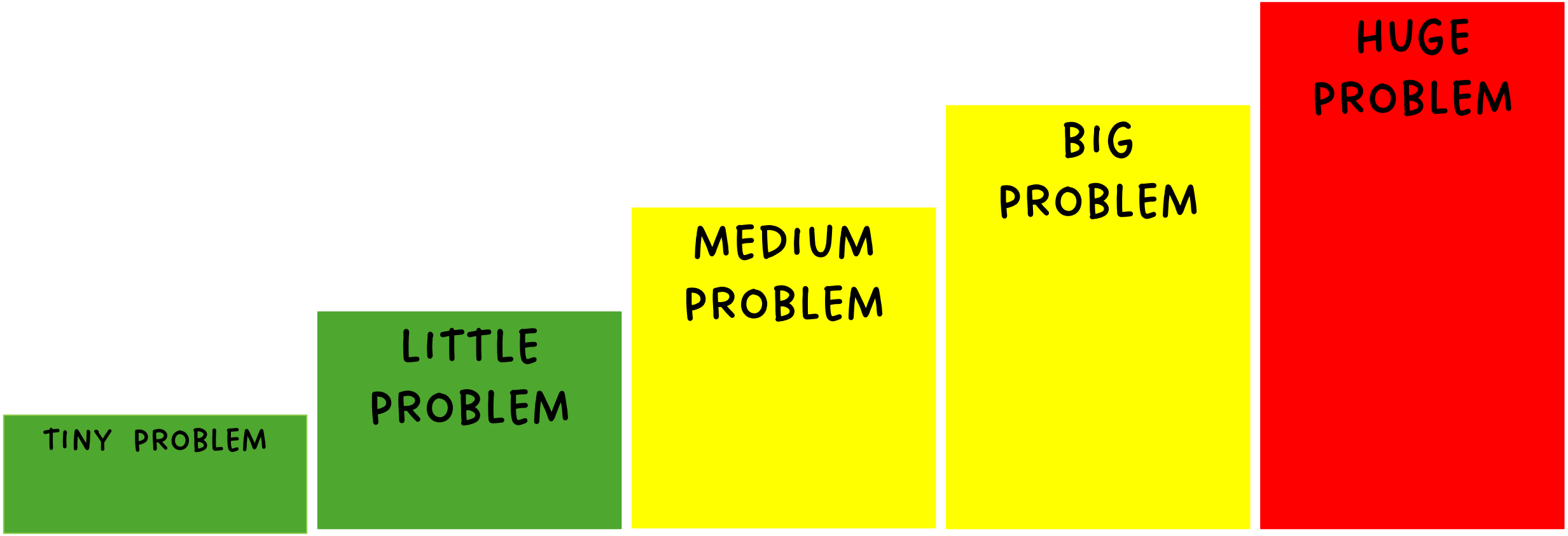


HUGE PROBLEM

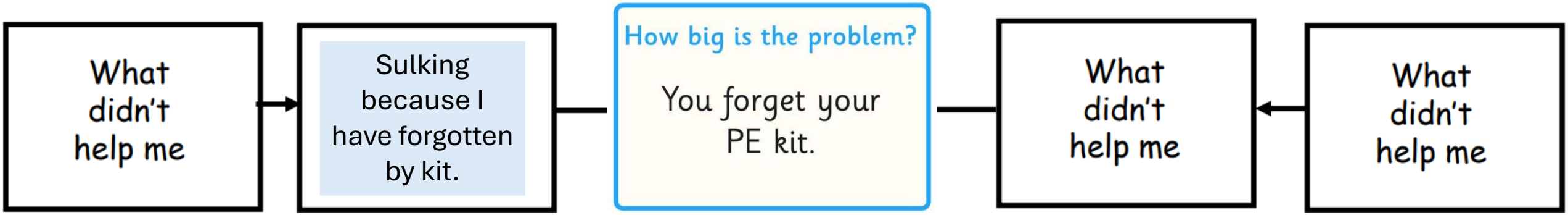
How big is the problem?

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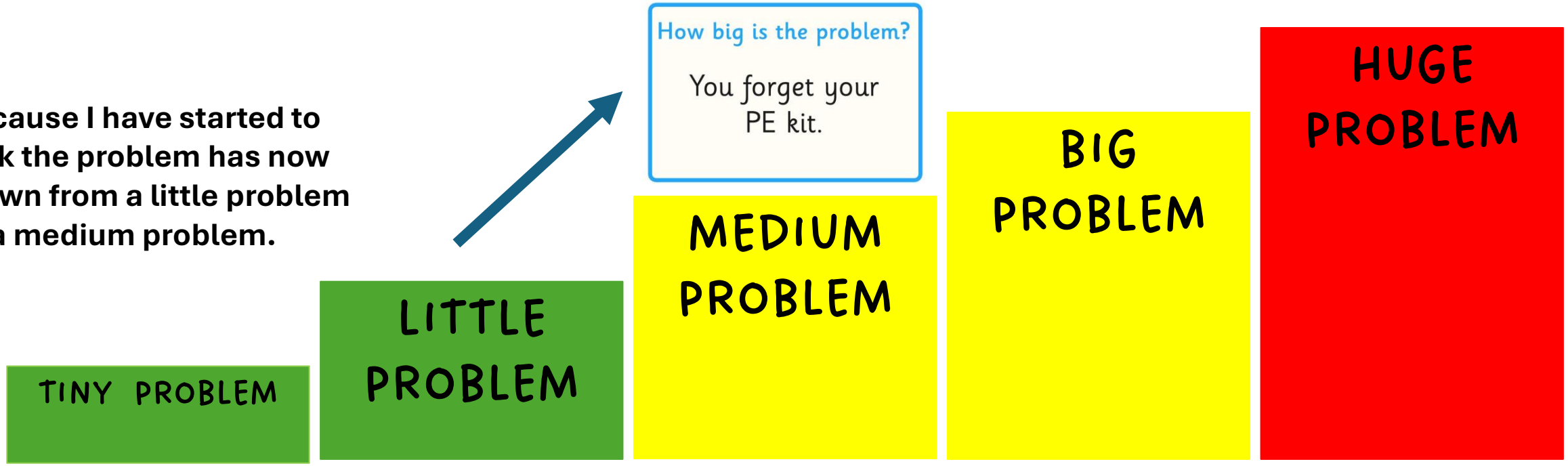
You forget your PE kit.



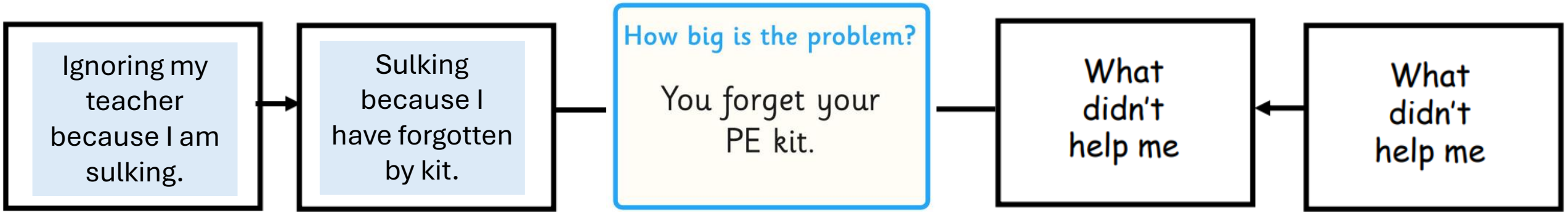
What things could you do that make the problem bigger?



Because I have started to sulk the problem has now grown from a little problem to a medium problem.

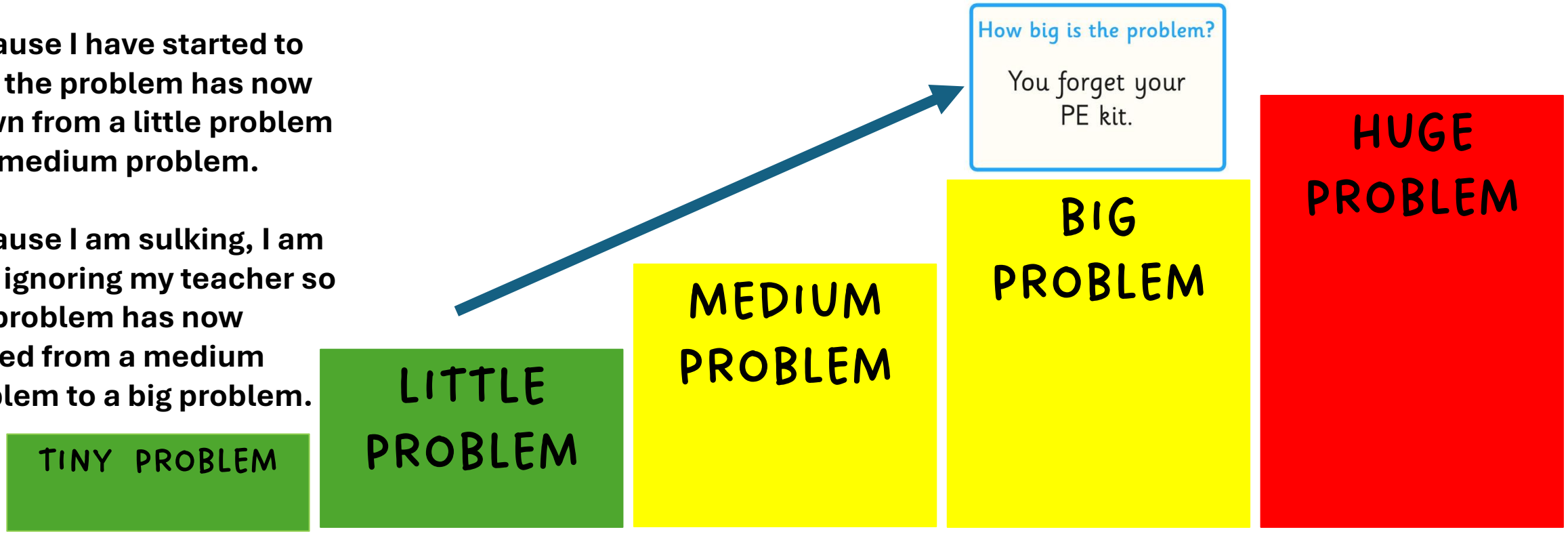


What things could you do that make the problem bigger?

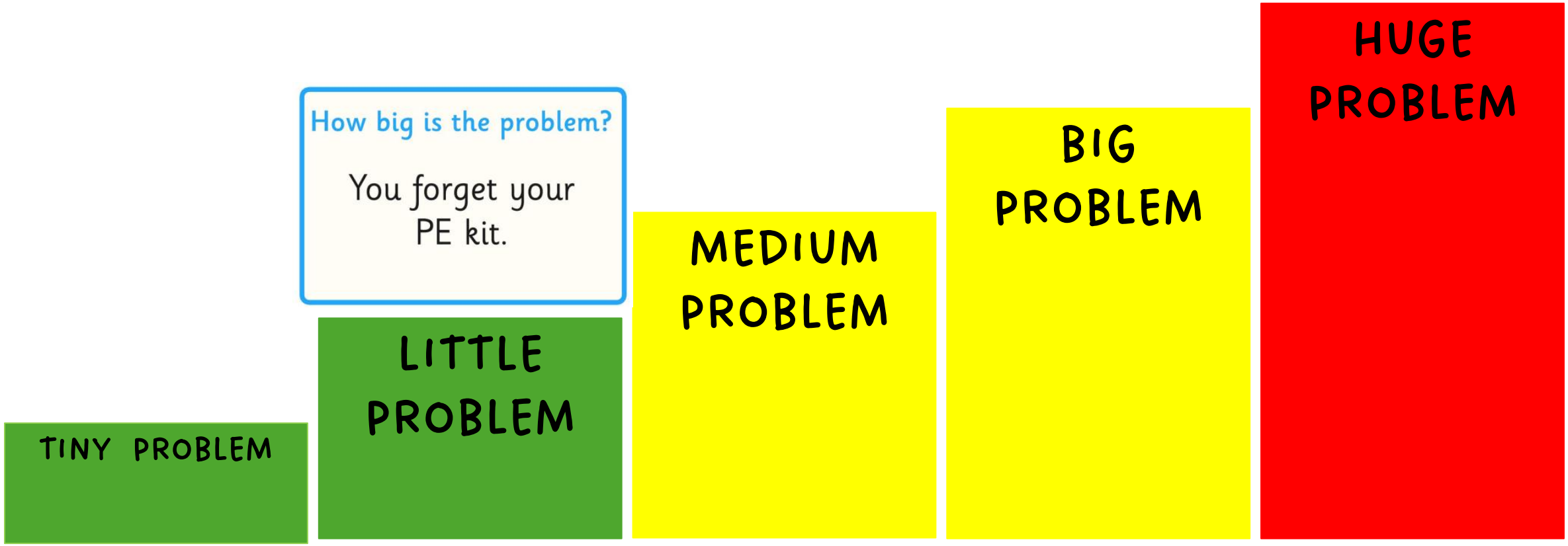


Because I have started to sulk the problem has now grown from a little problem to a medium problem.

Because I am sulking, I am now ignoring my teacher so the problem has now moved from a medium problem to a big problem.



What could I have done to keep this as a little problem?



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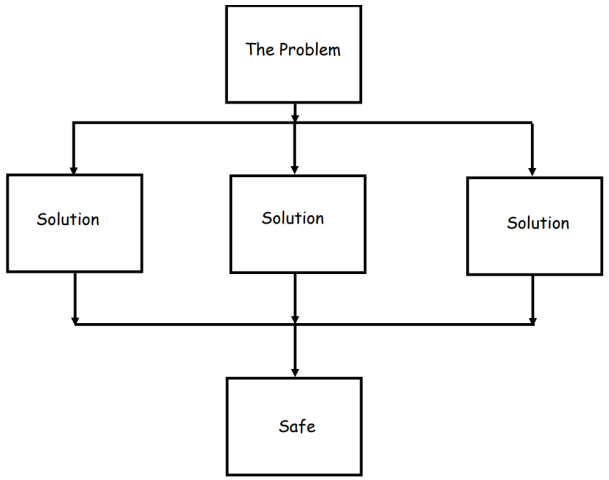
You forget your PE kit.

I could speak to my teacher.

I could get my PE kit ready when I get home and take into school tomorrow.

Solution

The problem is still a little problem



Take this different problems one at a time and work through the next few slides.

How big is the problem?

Someone hits you in the playground.

How big is the problem?

Someone calls you names.

How big is the problem?

Your classmate starts crying.

How big is the problem?

Your classmate doesn't listen to the teacher's instructions.

How big is the problem?

You have to wait to take your turn.

How big is the problem?

You don't win in the game you're playing.

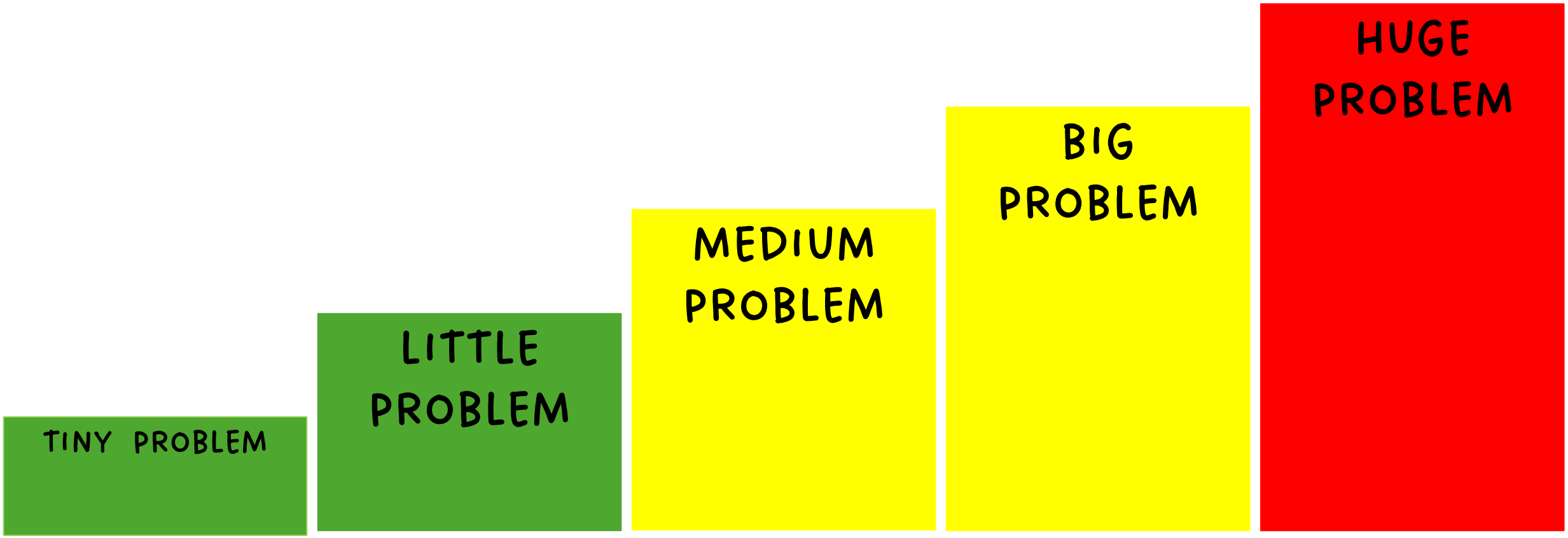
How big is the problem?

Someone is sat in your chair.

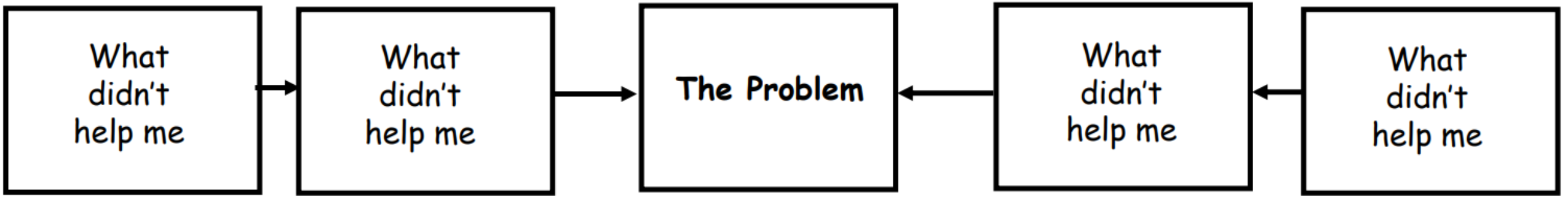
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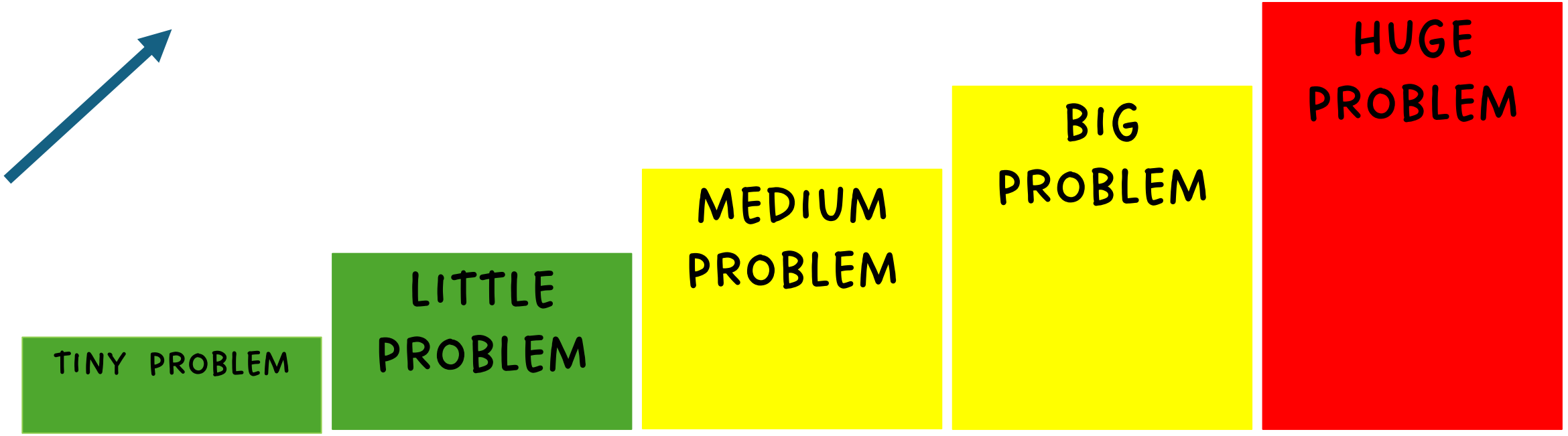
You fall over in the playground.

How big is the problem?

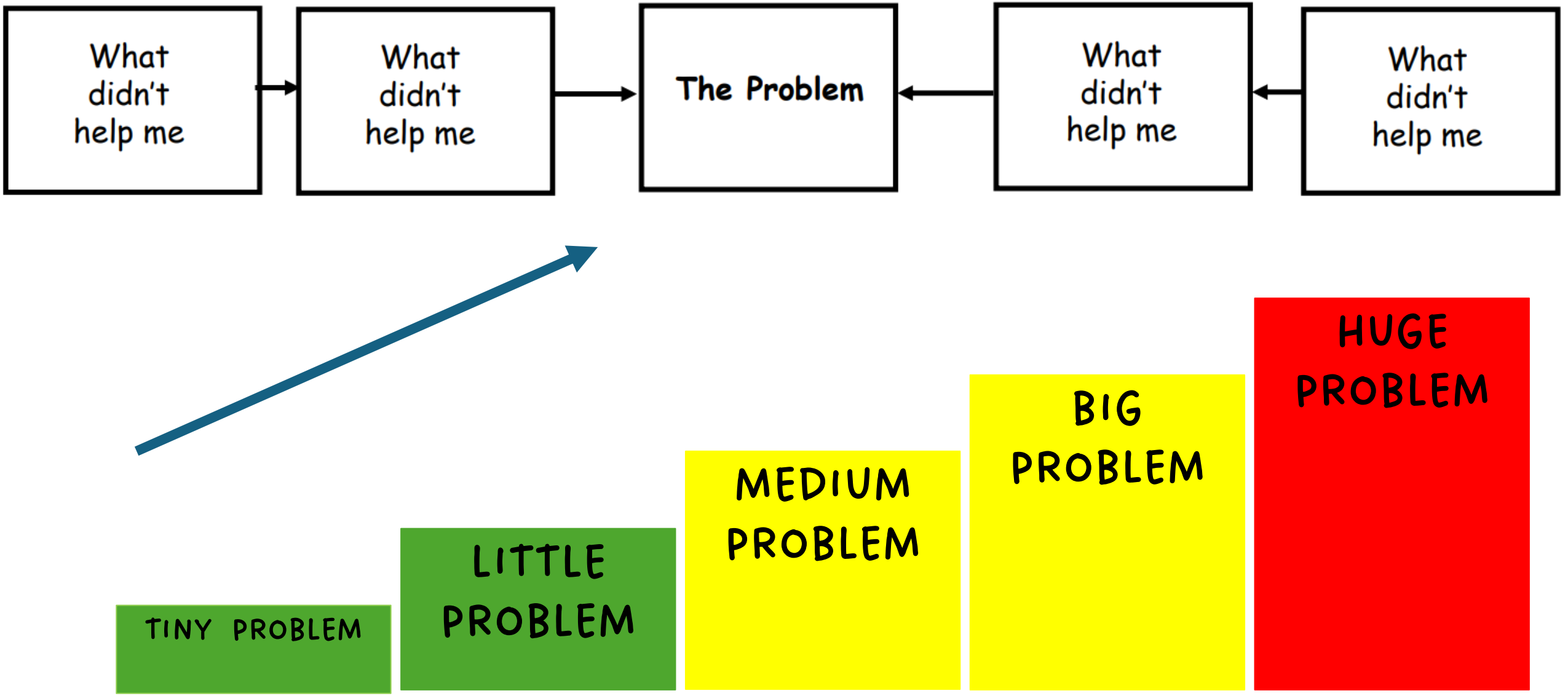


What things could you do that make the problem bigger?

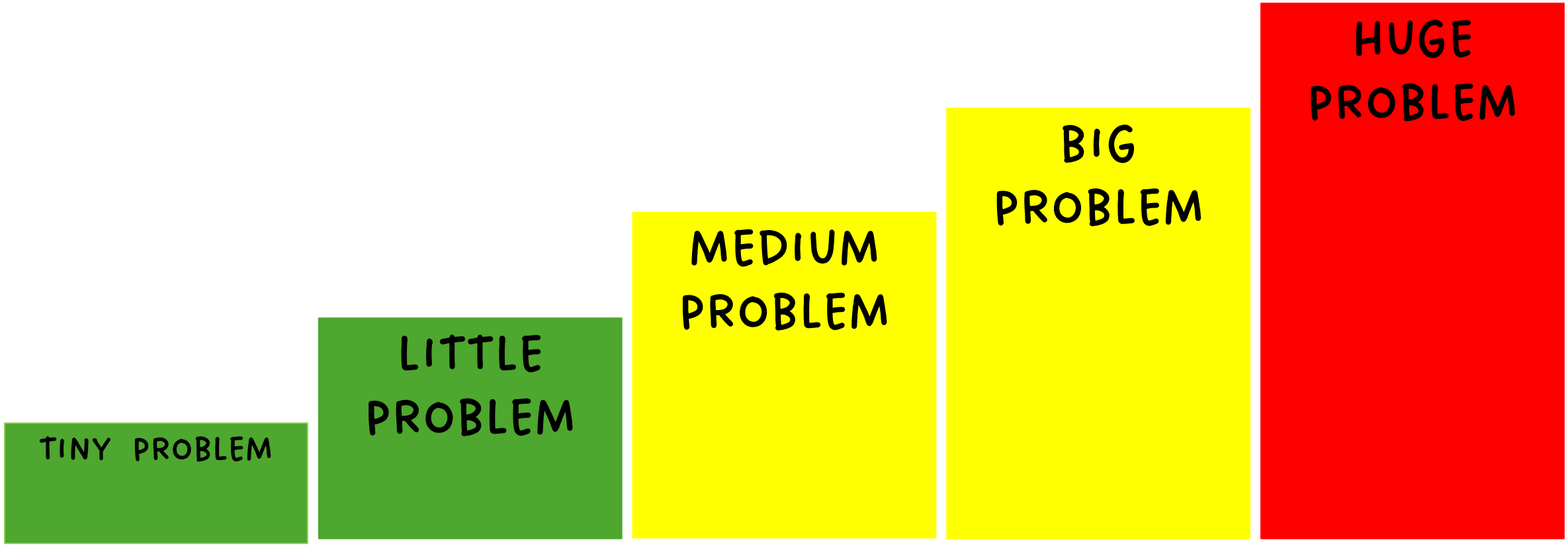




What things could you do that make the problem bigger?



What could I have done to keep this as a ***** problem?



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