



**Ashford Park Primary School**

'Inspiring a love for lifelong learning'

## **Thrive VRF's**

**Attunement-match the child's energy**

**Oh wow... (I can see your face is red; fists are clenched)**

**Validation...the child's feeling is ok to have**

**I'm wondering/imagining/guessing you feel... (sad etc)**

**Wow if that happened to me, I would feel....too!**

**Containment-adult is there to help child**

**I can see this is tricky for you, I will keep you safe**

**Break it down into manageable chunks... (first we will...)**

**Calm, Soothe, Regulate or Stimulate**

**Let's breathe together till you feel calmer**

