

Talking to your pupils when they are stressed.



When a pupil demonstrates distressing behaviour, it can be hard to know what to do next. In those situations, recognising their behaviour and signs of distress and responding to their preferred needs can help staff and children feel safer in those moments.

Here are some trauma-informed responses that can help...

Would you help me understand what this feels like for you?

Can we mark your stress level on a scale of 1 to 10?

If your body could talk, what would it say?

I am sorry you feel this way. What can we do to help you feel better?

I am here for you. We are going to find a way to get through this.

I can see that you are finding it hard, but you are so brave.

If you're worried about a young person or need help or support. Our trauma training will give you the skills and confidence to make a difference. Visit: [youngminds.org.uk/find-a-course](https://www.youngminds.org.uk/find-a-course)