

Supporting young children's friendships: the facilitating role of the lunchtime welfare supervisor

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Appendix 1 Calming Down Tricks

- Tell someone how you feel
- Distract yourself by thinking happy thoughts
- Count backwards in 10s from 100
- Take some exercise
- Switch on your thinking brain. Don't do anything until you've had time to think
- Go to a deserted place and shout

Appendix 2 Post Incident Learning Steps

• Listen "What happened?"
• Link "How did this make you feel?"
• Learn "Next time you feel that way what could you do?"
• Let's put it right.