

# CALM



## EXCEL

- I use a quiet voice or appropriate body language to calm a tense situation.
- I help others to stay positive by only saying and doing positive things.
- I can detail 'social routines' in the wider world and explain why they are important for civil society.
- I am an asset to others because I try to stay positive and maintain friendly and constructive relationships with everyone I mix with.
- I spot when others around me are not calm.
- I speak to them in a way that is likely to make them feel good about themselves and their work.

## EXTEND

- I avoid speaking too loudly or moving in a way that is not calm, in order to make our school pleasant for everyone.
- I keep trying when something is difficult or goes wrong and I encourage others to keep calm and keep trying too.
- I can detail the Social Routines for different areas and follow them automatically.
- I keep things calm for the team, the lesson, or myself by not creating unhelpful conflicts.
- I recognise when others are behaving in ways which are not calm and I try to positively model calm behaviour for others to follow.

## CORE

- I speak with a calm, quiet voice.
- I understand when different volumes of voice are appropriate.
- I notice when I feel negative about something. I stay calm and keep trying.
- I can detail the Social Routines for different areas and follow them immediately.
- I help others to stay positive by managing my own responses in difficult situations.
- I try my best to act in ways that help others to stay calm as I understand that things that I say or do may stop others from feeling calm.

## SUPPORT

- I speak with a quiet voice and sit calmly in class.
- When something goes wrong I keep calm and keep trying.
- I can detail the Social Routines for different places in the school.
- I think carefully before acting to make sure that my words and behaviours are always kind.
- I move, speak and behave in a way that helps others be calm.