

BOUNDARIES

I know the safe places in my environment

I can share appropriately with others

I can follow simple rules

I can take turns to talk

I can recognise my own belongings

I can take responsibility for my own actions.

I can follow everyday routines with support.

I can follow some rules and understand why they're important.

I can show that i am listening to others

I can use kind hands and feet

I can use my words when I am upset.

I know who my special adults are and can spend time with them

I can cope when things don't go my way

I can problem solve for myself.

I understand that i cannot always be first

I can think before I act

I can stop and listen with support

I can walk away and ask for help when needed.

I know when and where to ask for help.

I can respect other people's feelings

I can respect others' personal space

I can respect and accept others





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Ideas to try at home



Play turn taking games e.g. card games, board games.

Have a predictable routine and prepare children for any changes.

Use pictures or a visual timetable to show what is happening during the day/week..

Model giving compliments to each other at home

Read stories about kindness and sharing at bedtime

Explain that we have rules to keep us safe.

Provide a safe space somewhere in your home where your child can go if they are upset or angry.

Introduce a reward system for making good choices e.g. stickers, pom poms, working towards a treat.

Use pictures and images for children to show how they are feeling.

Find a time in the day for reflection e.g. dinner time. Tell me something positive that happened today?

Special 1:1 adult time at home (reading, playing a game, watching a movie, going for a walk)

Use timers to help children know when an activity is coming to an end or about to start.