

Teacher Guidelines:

- Break down learning tasks into small steps
- Introduce taking turns and have them work in small groups
- Avoid telling them directly what to do; offer class suggestions
- Focus on rules that keep everyone in the classroom safe
- Avoid confrontations as they generally escalate their fears
- Offer concrete activities like counting, coloring, sorting, building structures, sequencing objects/pictures as a starting point for deeper learning and relief
- Use Brain Gym activities
- Use metaphorical topics such as boxes, containers, bridges, castles, journeys to offer focus about closeness and fears
- Always offer full daily schedules on board
- Offer bean bag chairs for sense of security
- Set aside area in room as "The Safe Place"
- Don't take their defiance personally
- Offer concrete activities after a meltdown
- Talk with other staff about situations in classroom
- Respond to the meaning of behaviors rather than reacting to difficult behaviors
- Turn reaction into reflective intervention
- Encourage school to integrate early identification and intervention system into primary education, aimed at maximizing support for vulnerable students and minimizing early experiences which can interfere with emotional development, learning, and social inclusion.

Based on Attachment in the Classroom, by Heather Geddes