**CARS support conversation prompts**

**for common daily classroom sentqances.**

**Guidance questions when behaviours, situations are unsettled or challenging in a school.**

Ask a question over comment.

What has happened here?

What has happened to you?

What happened today?

How could I help you feel safe right now?

Is there someone here, in school who helps you feel safe?

What do you like about being with them?

Are there any other times you don’t feel safe in or out of school?

**Scenario example of shifting vocabulary**

Pupil or colleague: “I am rubbish at?”

Common Response teacher: “You are NOT rubbish! “

**Suggested Response: “Where do you think the thought that you are rubbish comes from?”**

Pupil or colleague: “I can’t do xxx”

Common Response teacher: “Yes you can”

**Suggested Response: “The brain can feel muddled when we first learn new things**

**or**

**sometimes we think we can’t, when actually there is one bit that feels completely confusing. Which part feels confusing for you?**

Pupil or colleague: “I hate (Subject/ activity)

Common Response teacher: “Ah it will good/ fun or ok”

**Suggested Response: “Thank you for letting me know, what is it about (subject / activity) that you feel you hate?**

**Is there a part of (Subject/ Activity) that feels particularly challenging to you?**

Pupil or colleague: When someone takes an action or behaviour that is challenging, confrontation or undesired

Common Response teacher: You mustn’t do that, not acceptable, stop it

**Suggested Response:**

**What do you think the reason for you (behaviour/ action) is?**

**When you (behaviour/ action) is there anywhere else in your life that you see people behave like that?**

**What are the hardest parts of your (day/ lunchtime /Playing sport, Losing, having friends)**

**What are the hardest parts for you at (school/ lunchtime/ break/ writing)?**

**Does the way you acted have anything to do with another part of your life?**

**How may WE make you feel different to this right now?**

**Is there a way you feel unsupported?**

**Do you know when you are starting to feel like this type of (behaviour/ action) might happen?**

**How could WE help you spot the signs and make it feel easier for you?**

**Shaming, Guilt and Fear Inducing phrases**

Everyone is waiting for you.

You are holding the rest of the class up.

How do you think everyone else feels with you wasting the time?

You are letting yourself down.

You know better than that.

It is not acceptable.

I don’t want to hear what you think.

There is no excuse for your behaviour.

I will have to speak to the Head Teacher about your behaviour today.

Will you just listen.