|  |  |
| --- | --- |
| **Support Strategies**  The things we can do or say to stop the situation from escalating further and return \_\_\_\_\_\_\_\_\_Ann\_\_\_\_ to the proactive phase as soon as possible. | **Behaviour**  What \_\_\_\_\_\_Ann\_\_\_\_\_ does, says and looks like that gives us clues that he/she becoming anxious or aroused. |
| * Ask Ann is she would like help with whatever it is she is trying to access or struggling with * Offer to scratch her back * Ask her to blow a raspberry on your arm * Support her to access what she wants using PECS or Makaton * Try to distract Ann by offering an activity e.g. listening to music, playing drums, reading a book. * Initiate some rough and tumble play * Place Ann in an upside down position or swing her round while supporting her under her arms with her head against your chest. * Cuddle up with the cuddle blanket * Sing songs with Ann or make funny noises * Distract Ann with different toys or read a book with her. * Tickle her * Bounce her on the trampoline | * Ann will shout * She will clench her fists and vocalise in a high-pitched voice. She will usually adopt a W sitting position at these times * She will come and seek you out if you are not in the same room * She may become tearful and want to sit on your lap * She will throw things * She will be unwilling to engage in positive communication * She will appear distracted and will be unable to concentrate or make eye contact * She will lay her head on the cushions. |

Ann Other’s Amber Strategy