

# Nurture Principle 2:

## The Classroom offers a Safe Base

"Instead of focusing on eliminating behaviours, we need to provide children with signals of safety" - Mona Delahooke



- Relax your posture - stand with one foot forward and hands open.
- Respect personal space - move slow, low and from the side.
- Speak softly - playful and melodic tones can be more engaging.
- Be expressive - show with your face that you see and hear them.

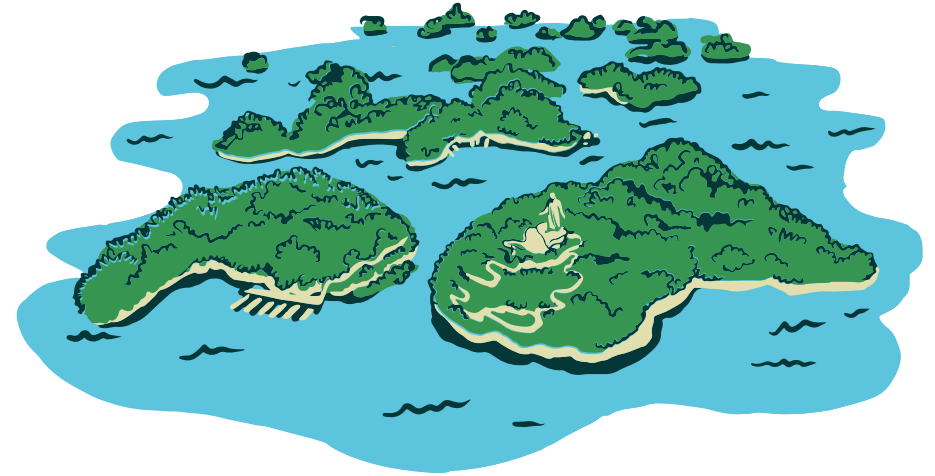
"Your pupil needs you to provide a human bridge back into safety, security and stability"  
- Louise Bomber



- Start the day with a welcoming routine or safety tour.
- Look for opportunities to be playful and humorous.
- Convey curiosity and empathy - "I know this is so hard"
- Provide reassurance - "You're safe here"; "I want to help."
- Keep them in mind - "I was thinking about you".

### Providing Safety with Structure and Routine

Regularly refer to a visual timetable of the daily schedule.  
Have drawers, shelves and cupboards clearly labelled.  
Use visual checklists to reduce organisational demands.  
Consider individual sensory needs in your seating plan.  
Proactively schedule rhythmic and relaxing activities.  
Create calm kits with personalised resources.  
Establish calm spaces and practise how to use them.



"At their best, schools can function as islands of safety in a chaotic world" - Bessel Van Der Kolk