

MY WAY TO A GOOD DAY



What does a good day look like?

- *Hattie enjoys quality time with her key person away from the main room, especially when it gets busy and noisy.*
- *Hattie loves the outdoors, especially risky play. She loves jumping and spinning.*
- *Being self-directed and able to complete her routines with an element of sameness.*

What might I need to have a good day?

- *The key person is currently trying to ensure that there are small bursts of 1:1 time outside the main space to play and spend time together. This supports Hattie's emotional regulation and increases her engagement when back in the main room.*
- *Free flow to the outdoors when possible.*
- *We are using visuals and sequences to maintain the sameness in routines.*

What are the risks to a good day?

Hattie does not like to feel contained in the main playroom as she can become overwhelmed and dysregulated. Elected time out with a key person is important. When she does not have access to this, going outdoors and her routines, it impacts her wellbeing and learning experiences. These outlets optimise her learning, and so adaptations are a must.