

Autopilot statements (NVR)

- Have mini-scripts/ one- liners prepared – don't rely on the ability to improvise.
 - You look upset but we don't shout in class
 - I know writing is not your favourite, but I have noticed that once you get started you can do great work
- Also buys time
 - I will think about what happens next but for now we need to get on with the planned activity
 - That does sound unfair, and I will listen, but I need you to wait quietly for 5 minutes
- Do not enter into debate/explanation etc.: 30 second interventions (Paul Dix)
- It is good for pupils to know you are using scripts and shared scripts increase network presence
- Self talk mini-scripts (can also be taught to children):
 - I am not going to get pulled into this
 - This can be sorted
 - Breathing!

Autopilot statements: Offer a safe way out:

'Let's both calm down and come back to it in 5 minutes'

'OK, I am worried you are going to find it hard to concentrate sitting there but I will give it a ten minute try out'

Something that gives you thinking space. They are scripted responses that allow adult to say the 'right' thing even when escalated. They give thinking time and help to avoid escalation and arguments.

Lanyards – 'You don't have to win you just have to persist'

NVR is all about the strategies approach – having pre-pared one liners/auto pilot statements really helps. We plan these with parents so they therefore have ones they can go home and use. You can plan them too. You will know the situations by now for particular pupils and having these prepared helps to 'strike while the iron is cold' which in turn de-escalates the situation.