



Understanding Behaviour as **Communication**.

Where curiosity meets connection.

When we approach behaviour with **curiosity** and **connection**, we create calm, emotionally supportive environments where vulnerable children and adults feel seen, valued, understood and safe.

Course & Workbook

- ✓ **My Triggers**
Things that build up to Emotional Overwhelm
- ✓ **My Responses**
Trauma/Survival Responses like Meltdowns & Shutdowns
- ✓ **My Emotions**
Emotions as indicators for how we are feeling and what we need to return to calm
- ✓ **My Regulation**
Moving from co to Self-Regulation. Emotional & Sensory Regulation. Routines, Visual Schedules & Transitions
- ✓ **My Sensory Regulation**
Sensory Preferences, Movement Breaks & Hormones
- ✓ **My Sensory Profile**
Build your sensory profile first. Before we can truly support others, we need to recognise our own triggers, responses and, regulation needs. This awareness is the foundation for empathy, connection and effective support.

**Learn
more**



**See the Person.
Create Calm Environments.
Strengthen Relationships.**

