

Affective statements

THE CHEAT SHEET

1. I statement– talk about how the behaviour makes you feel
2. Awareness– let the person know their behaviour impacts you
3. Empathy– helps create an understanding the behaviour has an effect on everyone



Affective statements express personal feelings, both negative and positive, to communicate how a child's behaviour makes them feel.

How do I create them?

You simply throw in a feelings word to a comment or request you normally use. For example, "Put your towel on the rack" becomes "It upsets me that you leave your towel on the floor, can you please hang it up". And a positive example "I am really pleased that you hung up your towel."

Why do we use them?

We use them to develop empathy and to build an understanding of how their actions influence other people. In time children will think about their actions and adjust their behaviour .

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They represent personal expressions of feeling in response to specific positive or negative behaviours of others.

What does it look like at home and school?

HOME Default statement	HOME Restorative Statement	SCHOOL Default Statement	SCHOOL Restorative Statement
"Please set the table for dinner"	"I would be really pleased if you set the table for dinner"	"Please put your hat on"	"I'd really love to see you wear your hat properly"
"Don't leave your shoes in the hallway"	"I'd like to see your shoes put away, so no one trips on them"	"Thanks for lining up"	"It makes me so proud to see you lining up properly"
"Thank you for being kind to your sister"	"It makes me overjoyed to see you being kind to your sister"	"Please don't swear"	"It is upsetting to me hearing you use such offensive language; please choose your words carefully"