This four step approach could be utilised not only with pupils but also with colleagues and parents.

1. Build on success
Do children know what success looks like at the beginning of the lesson?
‘What did you do that made that happen?’
‘What helped you to be able to do that?’
Focus on past behaviour/scenarios when they have succeeded.
Effective AfL (Assessment for Learning) is key to developing and improving behaviour.

2. Exception finding
‘Is there any time when the behaviour doesn’t occur?’
‘What is different about the times that go better?’
‘How could more of that happen?’

3. Exploring the preferred future
‘If you could wave a magic wand and the problem disappeared what would your life be like?’

4. Using rating scales
‘On a scale of 0 – 10 with 0 representing no confidence at all that you can reach your goal and 10 meaning you will reach it, where would you say you are now?’
‘What would be needed to move to the next number on the scale?’
Conversation with pupils about how they can move forward should be conducted in small steps along the scale.