



S.W.I.M.



Ship Mate

S

Spot the clues

Spot clues in their body, movement,
face and voice.

W

Wonder about their feelings

I wonder if they feel,
because I noticed.....

I

Investigate kindly

Use a "Kind" question to check how
they are feeling



m

Make a helpful choice

listen, include, reassure, offer space, or ask
if they need to talk to a trusted adult for
support.