To enable the safety of all members we have developed a set of guidelines; for behaviour issues.

Parents and carers should make someone aware of any reason a member is upset or disturbed when arriving, so all volunteers can be made aware.

1 A trustee should be made aware immediately the attitude or manner of a member alters.

2 Parent or carer needs to be notified immediately this is noticed

3 if the member becomes violent or aggressive, a process should take place that other members are safely removed from room or area.

4 A cool down period and area should be designated.

5 Restraint should be the last result but if required to stop any other members or volunteers get hurt or upset, holding of wrists is the correct procedure.

6 Any aggressive and physically violent member will have an automatic suspension, time and return would be subject to trustee discretion .

Remember to make yourself safe, make sure you ask for a safe guarding trustee and after an incident a full report should be completed.

Ideas to offer up for members.

Table 1

Training steps for Meditation on the Soles of the Feet procedure.

1 If you are standing, stand in a natural rather than an aggressive posture, with the soles of your feet flat on the floor.

2 If you are sitting, sit comfortably with the soles of your feet flat on the floor.

3 Breathe naturally, and do nothing.

4 Cast your mind back to an incident that made you very angry. Stay with the anger.

5 You are feeling angry, and angry thoughts are flowing through your mind. Let them flow naturally, without restriction. Stay with the anger. Your body may show signs of anger (e.g., rapid breathing).

6 Now, shift all your attention fully to the soles of your feet.

7 Slowly, move your toes, feel your shoes covering your feet, feel the texture of your socks, the curve of your arch, and the heels

of your feet against the back of your shoes. If you do not have shoes on, feel the floor or carpet with the soles of your feet.

8 Keep breathing naturally and focus on the soles of your feet until you feel calm.

9 Practice this mindfulness exercise until you can use it wherever you are and whenever an incident occurs that may otherwise lead to you being verbally or physically aggressive.

10 Remember that once you are calm, you can walk away from the incident or situation with a smile on your face because you controlled your anger. Alternatively, if you need to, you can respond to the incident or situation with a calm and clear mind without verbal threats or physical aggression.

A mindfulness-based strategy for self-management of aggressive behaviour in adolescents with autism

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