

ILLING PLAN FOR EDUCATION AND CARE SETTINGS

Create a withdrawal space where children can visit to be alone when they want to.

Source a teepee & large cushions for new withdrawal space.

Source new art resources & open ended materials. Make time for uninterrupted sustained periods of time to allow children to explore materials & express themselves creatively.

Make changes to morning tea routine  
 → create a dining space where children can come & eat when they are ready at any time between 8.30am - 10am.



Spending time alone  
 Exploration of self-expression  
 - through music  
 - through creativity

Making choices about physiological needs

The Freedom Cup®

Lashing out at adults  
 Refusing to cooperate  
 "No! You can't make me"  
 Running away from adults  
 Absconding & hiding

Behaviours you see / stress response

Pedagogy and Curriculum decisions



The Will to Fill™ - the empty part of the cup

The Phoenix Cups®

Completed Cup Filling Plan example

This template can be used in many different ways. Here is one example of a completed Freedom Cup filling plan for an early childhood learning environment.