

A BRILLIANT ME IN ACTION ONE PAGE GUIDE TO...

PACE

Developed by Dr. Dan Hughes, **PACE** is a way of being with children that builds trust and felt safety.

PACE is a way of thinking, feeling, communicating and behaving that aims to help a child feel safe.

PACE stands for:

WHAT?

- Playfulness – bringing lightness and joy to interactions
- Acceptance – unconditional care, separating the child from the behaviour
- Curiosity – wondering gently about the child’s inner world (“I wonder if...”)
- Empathy – showing deep understanding and compassion

It’s helpful for all children and can be especially powerful for children with trauma, attachment disruption, or high anxiety.

PACE creates emotional safety and helps build trust. It encourages children to feel seen and supported, which is essential for regulation and learning:

WHY?

- **Emotional Regulation:** Helps pupils move out of a "survival" (fight/flight) state into a calm state where they are receptive to learning.
- **Trust Building:** Provides a consistent, compassionate language for staff, which is especially vital for children with attachment difficulties or history of trauma.
- **Reduced Conflict:** By focusing on the emotion behind a behaviour rather than just the behaviour itself, schools can decrease the frequency of outbursts and shut-downs.

SEL?

PACE is about co-regulation and supporting children towards self-regulation. Supporting **self-awareness, self-management, relationship skills** and **responsible decision-making**.

FIND OUT MORE

- [A bitesize introduction to PACE](#) (HSK on demand, interactive online module)
- <https://ddpnetwork.org/about-ddp/meant-pace/>
- Dr Lynette Rentoul - An Introduction to the Foundation of Resilience and Prosocial Development in Young Children ([webinar](#)) and ([Guide](#))

SEE ALSO

- Attunement
- Regulate, Relate, Reason
- Window of Tolerance

