

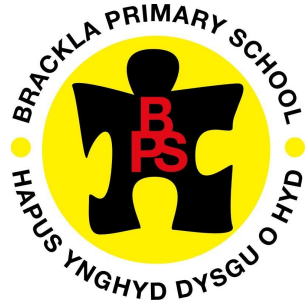
# Using the Thrive Approach in Brackla Primary School

<https://www.youtube.com/watch?v=iyIxRIWl5SI>

Let's help every child

**thrive**





# What is Thrive and Why is it Important?



**‘Hapus ynghyd dysgu o hyd’**

**‘Happy together learning forever’**

Our whole school vision (2008) recognises the need for our children to be happy at school and to be able to learn both at school and prepare them for their adult lives. The Thrive approach helps children to become more emotionally resilient and to be able to engage with life now and into future learning.

A whole-school approach to wellbeing - can improve attendance, behaviour and attainment.



Current research  
in neuroscience



Attachment  
research



Child  
development  
theory



Research  
into role of  
creativity  
and play



# The Thrive Approach

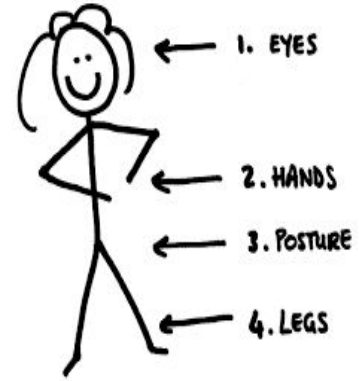
Thrive is a specific way of working with all children that helps to develop their social and emotional wellbeing. It supports them in becoming more self-assured, capable and adaptable. It can also address any troubled or troubling behaviours, providing a firm foundation for academic attainment.

# The Thrive Guiding Principles



- Every child is a unique person
- Positive relationships are crucial to promote healthy development and learning
- Children flourish when they are confident, self-assured, capable and resilient
- Children thrive in enabling environments where their individual development, learning experiences and needs are understood, responded to and supported through strong partnerships with parents and carers

PACE



Let's help every child  
**thrive** 

# Playful



# Accepting





# Curious

# W I N D

I wonder...

I notice...

I imagine...

# Attune and validate – notice and name

“You sound really scared!”

“I imagine you must feel very angry!”



“I wonder if you’re feeling disappointed.”

“I notice that your face is flushed and your fists are clenched. I’m wondering if you’re feeling annoyed?”

<https://www.youtube.com/watch?v=1Evwqu369Jw>

# Empathic

<https://www.youtube.com/watch?v=QT6FdhKriB8>

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# Relationship is Everything!

Compassion and **empathy** need to be experienced before they are developed.

If children are not adequately calmed and soothed by the adults around them, their brain's ability to produce sufficient quantities of **GABA** can be impaired, leaving them to **anxiety** disorders later in life.

Half of all mental health conditions are established by the age of 14





**Oh no! You need to stop, think, choose  
and do!**

**Feel**

**STOP!**

**Think**

**choose**

**Do**

**Thinking allows choice!**

Thrive is a systematic approach to identification of **emotional development**.  
It uses a simple model to illustrate how children develop.  
It has six Developmental stages or strands of experience, each with accompanying tasks and opportunities:



Elasticity of the brain and neural pathways



## Thrive developmental building blocks



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All children are screened in Thrive and identify children who might need specific support in a group or individually

# What happens in Thrive time?



Every Monday morning children enjoy sharing stories, discussions with their class and activities addressing the emotional development needs for their age.

- **Relaxation/zen den**
- **Feelings/emotions**
- **Techniques to cope with big emotions - breathing, mindfulness - see next slide**
- **Fun group activities e.g. playdough, role play scenarios, puppets, arts**
- **Themes are continued during the week as things arise.**

The teacher will work with children who require specific support using strategies and activities designed to address their targets. Everyone in the class enjoys Thrive Time!

Assess

Generate a plan

Support

## Count backwards from 10

Take a moment to notice;

4 things around you that you can see

3 that you can hear

2 that you can touch

1 that you can smell

Say the name of each thing either out loud or to yourself.

## Quick Calming Tricks



Imagine you have a mug of hot chocolate, breathe in to smell it, blow out to cool it down.

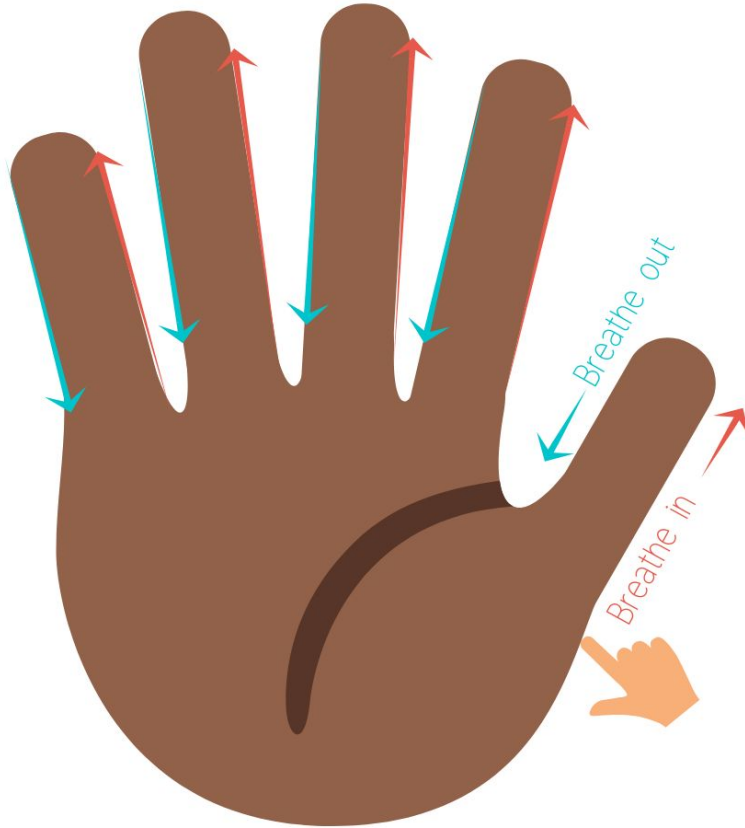


Think about the ground right under your shoes, can you feel it? What does it feel like?

Shut your eyes and imagine a beautiful garden- what kinds of flowers and plants are in the garden? Try to notice lots of little details.



# Roller Coaster Breathing



# *Clench and Release*



Clench every muscle in your body and count to 10, then release. Take a deep breath in through your nose and out through your mouth.

Themes we have been exploring...

Kindness

I am special

Confidence

Feeling  
anxious

Feelings

Friendship

I am unique

Stop! Think!  
Choose & Do!





Thank you for  
joining us today...  
any questions?