

# Let's help every child **thrive**



At Grange Lane Infant Academy we are proud to use the THRIVE Approach to support emotional and social development. This includes whole class activities, group sessions and also interventions for individuals. There is a recognised link between children's sense of wellbeing and their success as learners. We will facilitate this through the use of THRIVE interventions and activities with classes throughout our school. We utilise strategies to overcome difficulties through the provision of a social and emotional curriculum in every year group. This aims to develop their social skills and understand their emotional needs. This enables many children to be successful in their academic learning.

Mrs Bond is our Trained Thrive practitioner who will work with these children through individual or group sessions that are personalised to meet their needs

## **Some of the difficulties these children may have include:**

- Difficulties with friendships.
- Getting into trouble at playtime.
- Finding it hard to settle into the classroom routine/structure.
- Finding it difficult to manage their strong feelings.
- Not knowing who to turn to when feelings are too big to manage on their own.
- Family illness or break-up
- Bereavement
- Find it hard to accept losing a game
- Find it hard to share and take turns
- Quiet, shy, withdrawn

These situations can lead to many different feelings, which can feel overwhelming at times. They might include: anger, frustration, sadness, loneliness, confusion or anxiety. All these feelings are very normal and are felt by many children.

The Thrive approach offers practical strategies and techniques and is built around online assessments which identify children's emotional development and provides action plans for their individual needs.

Thrive promotes children's emotional and social growth by building positive relationships between a child and their peers and helps them explore and understand their feelings through various activities.

## Thrive sessions

The session may be on an individual basis or as part of a small group of children. During each session there will be an activity which may include:

- Story telling
- Circle games
- Arts and crafts
- Sand play
- Movement and relaxation
- Role play and puppet work
- Games

Pupil profiles are undertaken in order to identify the area of need. An action plan of activities to support pupil development is created and a series of activities and interventions are put in place. At the end of approximately 6 weeks, pupils are assessed, progress measured and a new action plan created.

The Thrive room is designed to be a place where children can feel warm, safe and secure where our pupils can develop their individual needs further. It has a central table to share breakfast and snacks, and where collaborative projects can be worked on. There is a cosy seating area to play games and work collaboratively. There are a wide range of resources to support sensory needs and some of the learning will take place in other areas of the school, including the outdoor areas.

Its purpose is to offer children opportunities to re-visit early learning skills and promote and support their social and emotional development. There is much research evidence that children's learning is most effective when they have a sense of emotional well-being, good self-esteem and a feeling of belonging to their school community. The Thrive Room provides children with this opportunity and so helps to develop their maturity and resilience. This is a place of safety, positivity and a place of learning.

If you would like any more information or would like to discuss Thrive further please get in touch.

Please take a look at the parent leaflet.

<file:///C:/Users/linds/Documents/thrive-parent-leaflet.pdf>

Also 12 days of Christmas activities to do with your little ones at home.

<file:///C:/Users/linds/Documents/thrive-christmas-activities-for-children-up-to-age-7.pdf>