



Thrive is a dynamic, developmental approach to working with children and young people that helps teachers and adults to interpret their behaviour and address their emotional needs.

The Thrive Approach offers practical, effective tools and techniques that work, built around a web-based assessment and action planning tool, underpinned by a programme of training and mentoring support.

The process is designed as a progressive spiral, starting with assessment. Informed by our developmental model, we use relational, play-and arts-based activities in one-to-one sessions, in small group sessions, or in class as lessons progress. Parents are supported in activities at home, and we give advice as to how to organise and plan provision within organisations and child care settings.

Schools that have introduced Thrive report fewer exclusions, reduced classroom disruption, improved attendance and better educational attainment. Parents report significant improvements in their relationship with their children as well as improved behaviour. With the support of Thrive training and Thrive-Online, adults learn how to help children and young people to:

- Feel good about themselves
- Know that they matter
- Become more resilient and resourceful
- Have a positive place in society
- Form trusting, rewarding relationships
- Be creative
- Be compassionate and empathetic
- Be thoughtful and self-aware
- Be productive
- Be able to overcome difficulties and setbacks

THRIVE draws on an understanding of six 'building blocks' of development and growth that comes online sequentially and remains throughout life.



What is The Thrive Approach?

Children cannot always put their needs into words, but the way children behave can tell us a lot about how they are feeling. The Thrive Approach draws on the latest research from current neuroscience, recent attachment research, current studies of effective learning and current models of child development – in order to help the school to understand the needs being signalled by children's behaviour. It gives us targeted strategies and activities to help them re-engage with learning and life.

Why do we need Thrive?

Unfortunately, like a lot of us at some point in our lives, children may face challenges and traumas that may unsettle the brain and knock us off track. There are all sorts of unavoidable things that can happen in family life that can affect and sometimes slow down a child's readiness to learn. These might include bereavement, moving, family illness, separation, a frightening accident or sometimes a child might have an anxiety about something that to us seems small but to the child seems very big. Thrive gives us lots of strategies for helping a child through these difficulties and traumas. What is needed then is understanding and support to get them back on track. Many children will respond positively to the care given by family, friends, carers and teachers but some may need that little extra support.

It also helps provide:

- Positive relationships are at the heart of Thrive. We will use these relationships, together with play and creative activities, to give children key experiences at each different stage of their development.
- Thrive teaches the understanding of children's behaviour as communication, improves learning skills and leads to greater attainment.
- It promotes productive learning for all children.
- It supports practitioners, providing them with confidence to work with more challenging and vulnerable children, and with parents and integrated teams.
- It leads to better relationships at home and in school.

For more information you can access the Thrive Approach website from the link below:

<https://www.thriveapproach.com/>