

# What is the Thrive approach?

*“Thrive helps adults prepare children and young people for life's emotional ups and downs. ... The Approach teaches you how to be, and what to do, with children's differing and sometimes challenging behaviour. As a result, children become more self-assured and ready to engage with life and learning.”*  
(source: [www.thriveapproach.com](http://www.thriveapproach.com))

## Why are we a Thrive school?

We know that talking about feelings can be very challenging, but through the way children behave, they can tell us a lot about how they are feeling. At times it may appear obvious why we need to offer extra help, such as bereavement, friendship issues, family concerns and we work together as a staff to provide support for all our pupils. For some, there may not always be an obvious trigger as to why they are finding aspects of school and/or home life difficult. As Thrive practitioners, we give these students the time to reflect upon their feelings, by tailoring an action plan to meet their needs. Through the use of researched and tested strategies, we aim to help them understand and self-regulate their behaviour.



Our Thrive Hub



The THRIVE approach is based on growing evidence that the brain develops through personal and social interaction. Through simple, repeated activities over time, within a safe and caring environment, THRIVE aims to compensate for interruptions in emotional development, which may affect a child's ability to enjoy life and learning. Drawing on theories and neuroscience research, it helps us to understand what may be happening for our children, which they are unable to verbalise, but are communicating through their behaviour and actions.

This is not a quick-fix; it takes time and commitment to see results. However, from research it is clear that early intervention to support children's needs is the most effective approach to preventing issues becoming more problematic in later life.

Working with parents and class teachers, our THRIVE practitioners carry out assessments to identify children's social, emotional and behavioural needs. Action Plans are shared with parents who are encouraged to do some of the activities at home and are reviewed regularly to monitor the progress children have made.



For further information please look at [www.thethriveapproach.co.uk](http://www.thethriveapproach.co.uk) or contact Mr Timpson or Mrs Miles-Kingston via the school office.