

# The Thrive Approach

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# What is Thrive?

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The Thrive Approach has been developed over many years helping children to flourish. It supports their emotional and social development and helps them feel happy and secure, able to enjoy friendships, relate well to others and be ready and able to learn.

## **The Thrive Approach**

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

# What does Thrive do?

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Thrive helps children to:

- Feel good about themselves and know that they matter
- Increase their sense of security and trust
- Increase their emotional well-being
- Improve their capacity to be creative and curious
- Increase their self-esteem and confidence to learn
- Learn to recognise and regulate their feelings
- Learn to think before behaving in a certain way

It will help us to provide targeted interventions for groups and individual children.

It provides easy to implement, non-therapeutic interventions with an online tool that allows us to measure and monitor progress.

# How does Thrive work?

## Holes in Our Emotional Development



# What is Thrive based on?

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Thrive is based on:

- Research in neuroscience
- Attachment theory
- Child development
- Research into the role of creativity and play in developing emotional resilience

# How will Thrive look in our school?

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Your child has been screened using the activity planning resource called Thrive-Online. This has created a class profile and areas for their class teacher to work on with the whole class. If your child needs further support this will be highlighted at this stage and we will require your permission to screen them individually and begin 1:1 or small group work with them.

The screening tool provides a wide range of specific strategies and activities that will support your child within our school to further support them with their emotional development. These activities will vary depending on the areas highlighted by Thrive-Online and may be carried out by myself, class teachers and teaching assistants.



Questions?

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# Thank you

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- Further information can be found at: <https://www.thriveapproach.com/>