

What is Thrive is based on?

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

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The Thrive Approach shows us how.

Thrive is a specific way of working with all children that helps to develop their social and emotional wellbeing, 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.**

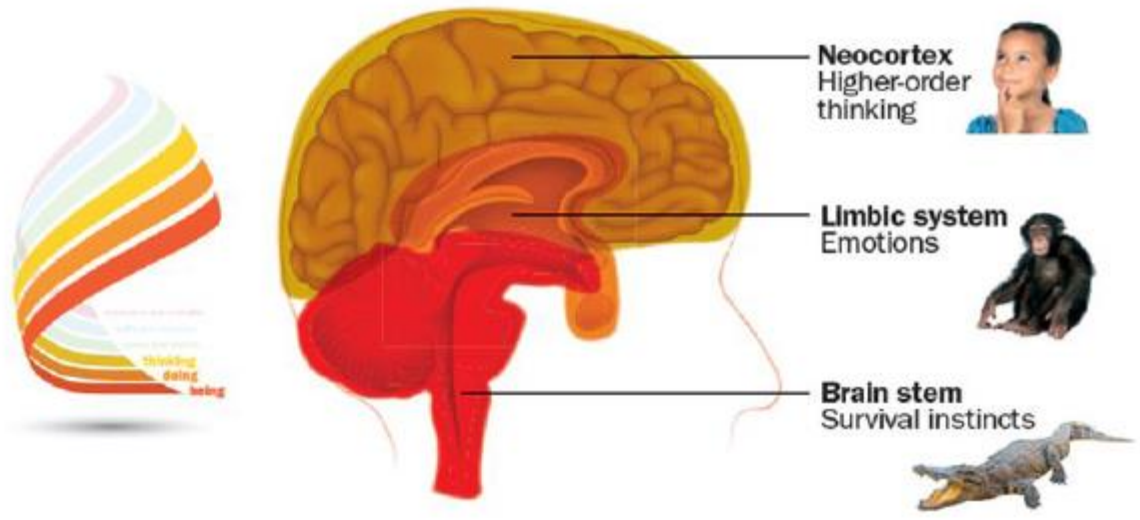
So how does this approach work?

First we need to look at how the brain develops.

And then how to tame the monkey and crocodile within.....

Brain Science

Where are you acting from?



These three levels are shaped in our early experience in our closest relationships and are addressed within the Thrive model of:

BEING — **Brain stem**
Survival instincts  0-6 months

DOING — **Limbic system**
Emotions  6-18 months

THINKING — **Neocortex**
Higher-order thinking  18 months-3 Years

Developmental Stages as Strands

Each comes online
sequentially and remains
in play throughout life



Holes in Our Emotional Development

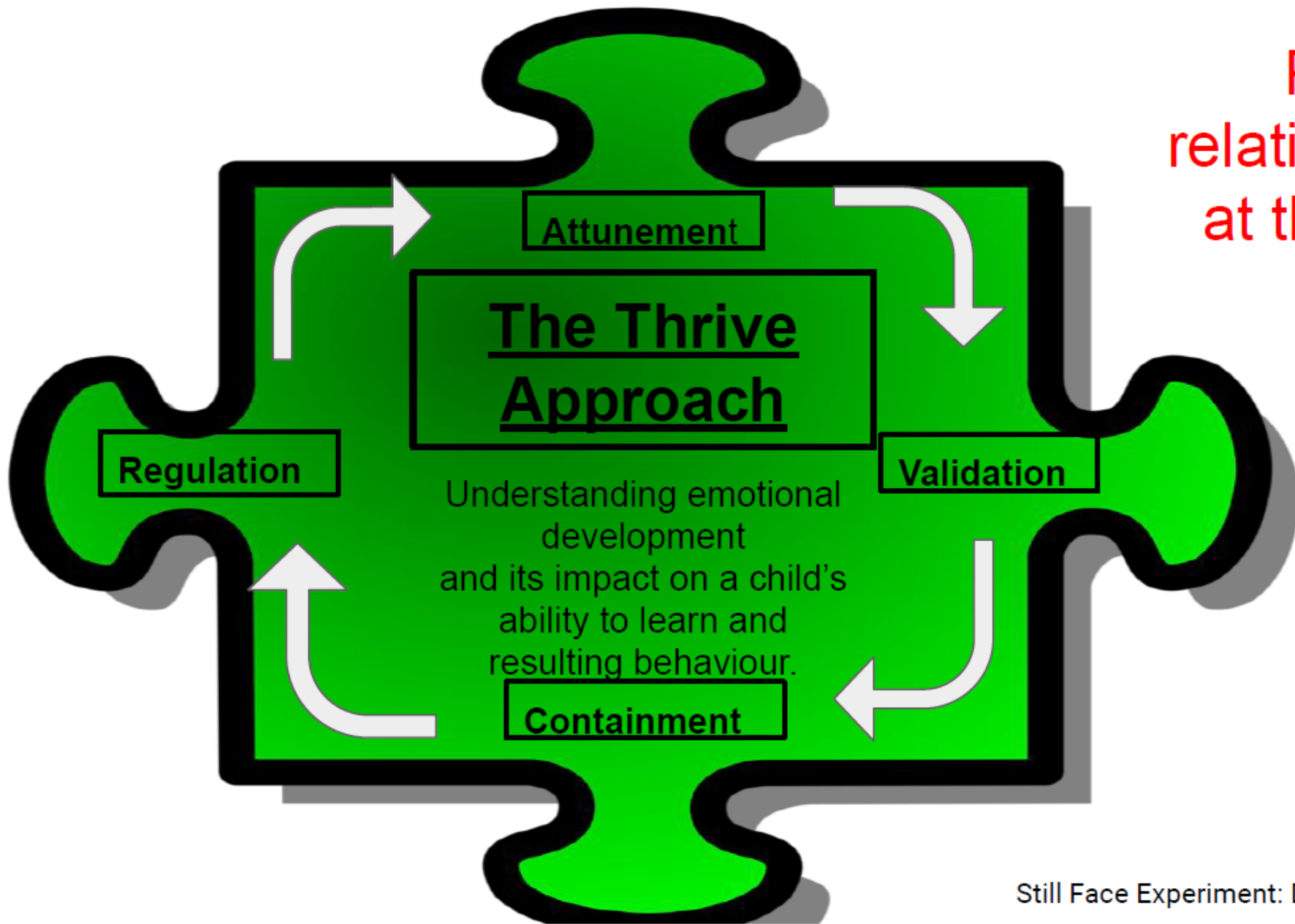


Why?

Interrupted emotional development

- underpins many troubling behaviours
- leads to under-achievement
- lies at the heart of many mental health problems
- gives rise to adverse social issues
- costs money
- isolates children from life and learning

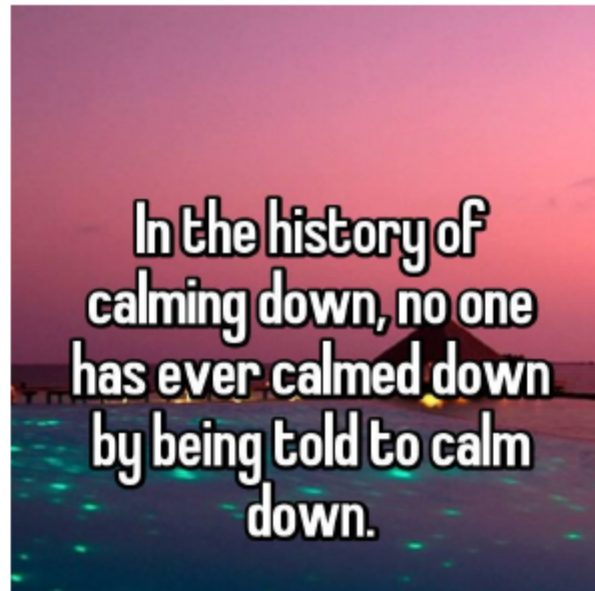
The good news is that with focused attention and repeated experiences we can reshape these three levels-
or
fill in any gaps
-at any time-
if we support and are in a positive significant relationship.



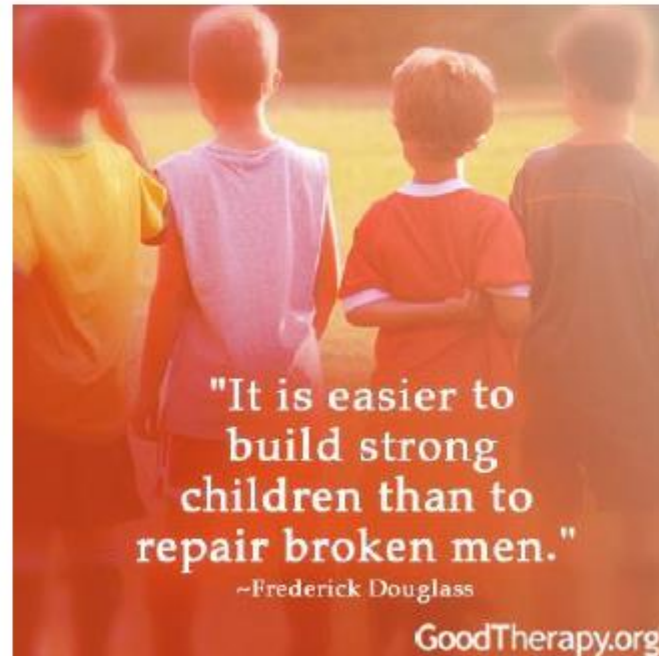
Positive relationships are at the heart of Thrive.

Still Face Experiment: Dr. Edward Tronick

Because our **emotional state** has such an impact on the way we think and act, it **profoundly affects our behaviour choices.**



Our behaviour in turn helps us to get on with others and **to be able to settle to learning.**



Thrive will also enable children to:

We can **develop resilience** rather than false fixed strength. We can **feel empowered** and **confident to work with life** rather than needing to have power over others or events.

We can care about others as well as ourselves.

We can **be empathetic** and **compassionate** rather than fearful and grasping.

In Summary:

- In order to be ready for learning children need to be able to regulate their stress responses (monkey and crocodile brain) so their thinking brain can function at a higher level and this, in turn, will increase their attainment.
- Thrive helps us understand the child's needs being signalled by their behaviour (positive and negative) and extra help can be put into place to support them.
- This will then increase their ability to access the curriculum and if they come across anything that activates their stress regulatory system, they will have the resources within themselves to manage it.

Once you are able to self-regulate your emotions your Thinking Brain will Thrive.

This combined with Growth Mindset



.....you never know what you'll find yourself trying.