



Our visions and aims:

Every child matters and all children need to feel safe, valued, special, appreciated and included. We want every child at Abbey CofE Infant School and Nursery to feel happy, content, safe and confident, ready to embrace the day in our secure, caring and friendly environment.

However, some children face many challenges, which means that some of their social and emotional needs may be greater than those of others. We want to help support and guide the children in our care to allow them to develop emotionally and distinguish between their feelings to help them manage these appropriately.

We aim to:

- Provide alternative support for children who are experiencing emotional, social or behavioural difficulties.
- Provide a safe and calm environment for children to develop their skills.
- Enable children to take pride in their achievements and enhance self-esteem.
- Help children to manage their feelings and develop skills to enjoy and participate in school life.
- Use positive approaches to manage all behaviours.

Why might a child attend a Thrive session?

Many children experience difficulties during their time at school. These may include:

- Difficulties with friendships.
- Getting into trouble at playtime.
- Finding it hard to settle in the classroom.
- Finding it difficult to manage their strong feelings.
- Not knowing who to turn to when feelings are too big to manage on their own.

These situations can lead to many different feelings which may seem overwhelming at times. They might include: anger, frustration, sadness, loneliness, confusion or anxiety.

All these feelings are very normal and happen to a lot of children. The Thrive sessions are to help children learn to manage their feelings and teach them strategies that will help promote their learning at school.

What will happen in a Thrive session?

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
- Hand and foot massage
- Cooking and preparing food
- Role play and puppet work
- Games

September 2023