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 all of us at some in our lives, children may face challenges that knock them off course. What is needed then is understanding and support to get them back on track. Many children will respond to the care, understanding and support given by parents, family, friends and teachers. However, some children need a little bit extra.

What is a Thrive Action Plan?

A Thrive Action Plan is a plan of activities tailored to support a child’s identified social and emotional learning targets. The activities are one-to-one and small group relational, play and arts-based activities designed to help the child feel better about him/herself; become more resilient and resourceful; form trusting, rewarding relationships; be compassionate and empathetic; and/or be able to overcome difficulties and setbacks. They might include playing in the sand, puppets, painting, model making, exploring difficult situations through role-play or playing strategy games.

Action Plans are re-reviewed regularly to see the progress children have made.

What extra support can we offer?

Children who need a little bit of extra help are identified through whole-class screening process. For some children there may be an obvious reason why they need a bit of extra support, this may be bereavement, family breakdown or an identified medical condition such as ADHD. For others, there may be no obvious trigger to why they are finding some aspects of school difficult.

Working closely with class teachers and Licensed Thrive Practitioners; Mrs Buck and Miss Hobbs, will carry out full assessments to identify children’s social, emotional and behavioural needs. This helps us to build a bespoke Thrive Action plan of activities to support their needs.