

Thrive Team

Dawn Austin
Karen Hegarty
Elaine Kelly
Carole Ledger
David Seale
Rebecca Thompson

Thrive Lead

Janet Bendell

Janet.Bendell@aldermoorfarm.coventry.sch.uk

Alder Moor Farm Primary School
Acorn Street
Coventry
CV3 1DP
Tel: 024 7645 6272

Once your Thrive intervention is completed you might behave, think and act differently. Everyone is different so changes will vary. Depending on your individual needs, you may continue to have further support, in specific areas.

If you have any questions, please ask.
We look forward to seeing you soon!



THRIVE



Pupil Leaflet

What is Thrive?

Thrive is an intervention to support you to get back on track with your social and emotional development. Adults in your life have identified that additional time is required to help you deal with life's ups and downs.

You may have noticed yourself that you

- get angry quickly
- get into trouble often
- are easily excitable
- struggle with relationships
 - get upset easily
- have difficulty sharing your thoughts and feelings in an appropriate way
 - find life challenging,
 - are often sad
- wish you could be different



Joining in Thrive sessions will explore, develop and rewire new patterns of thinking, feeling and behaving.

Who is involved?

In school you have already taken part in some classroom based Thrive sessions. You may have practiced breathing techniques to help you through emotional times. Many classrooms have set up Thrive areas.



Thrive interventions take place in a safe secure Thrive group room. These rooms are resourced with many different materials required for play based activities.

In a Thrive intervention you will work either one to one or in a small group with a trained Thrive practitioner. They may take place once or twice a week, sometimes they may happen daily. The Thrive practitioner will nurture, model, guide, observe and challenge you through your Thrive experience.

What is involved?

Sessions are play based and may include:

- playing games,
- going outside
- spending time in Forest School
- completing art and crafts activities
 - sharing stories
 - using puppets
- exploring your 5 senses
- listening to music

The activities will encourage a feeling of safety, self-worth, identity, and calm. The activities will encourage behaviours of self-soothing, asking for help and expressing emotions appropriately. The activities will help with thinking ahead, consequences of actions, problem solving and remembering success.

Every session is about you!



