

# Therapeutic Thinking



Learning Together, Learning for Life



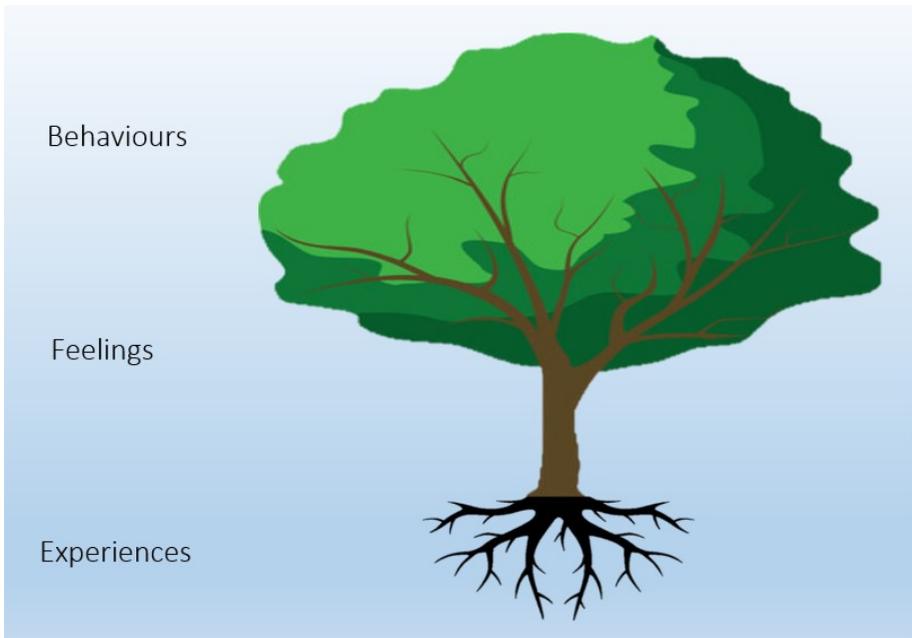
A guide for parents and carers

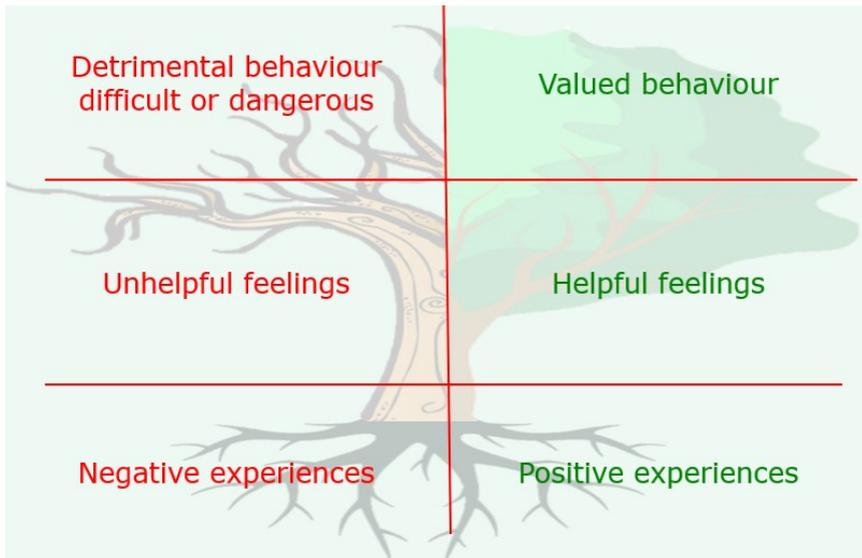
## At Reed First School we understand that...

Our behaviour, experiences and feelings are inseparably linked.

All of our experiences will either be negative or positive. These will in turn, create feelings which can have a direct link to our behaviours.

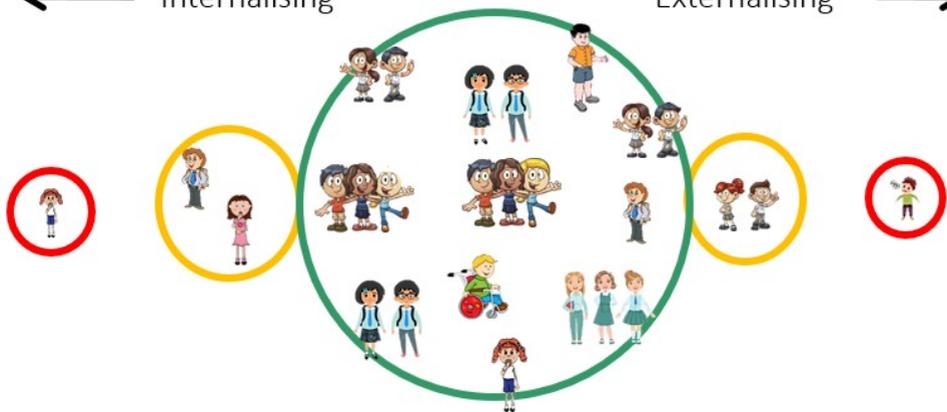
Our behaviours come from the root of experiences and the feelings they create.





Our experiences can lead to contrasting feelings and behaviours. These can be shown internally or externally.

← Internalising Externalising →



Safe Learners  
Including happy introverts and  
happy extroverts

We are usually in the green zone, but when we move into the yellow or red zones, we need support.

We support all children who show changes in behaviour which are unusual for them, difficult or dangerous for themselves or others.



We take time to find the root of the behaviour.

We work in partnership with parents and carers to support the child and whole family when needed.



We actively listen to the child to explore together what could be the root of the behaviour.

We make sure the child knows we are there to help and there are sometimes bumps in the road.



## Ways we explore the root:



### Drawing and Talking

A 12 week programme with our trained Drawing and Talking therapist.

Mapping together, *the who, the what and the where* of the day to find out what the child likes, dislikes or is unsure about.



Talking and listening through play where the child can share and be listened to in a playful way.



Talking and listening through creative activities.



# Once the root is identified we:

Continue to give the space and time to talk.



Where possible adapt, change or remove the root of the behaviour.

Make a plan **together**.

Set goals **together**.

Make sure the child understands how their behaviour impacts others as well as themselves.

Seek external advice and support if needed.

Discuss the outcomes and consequences of choices.

Agree consequences which are proportionate to the behaviour if difficult or dangerous behaviours continue.

# Remember, as we tell the children..

**There is always a reason for  
everything we do!  
(grown-ups too)**

If you notice a change in your child's behaviour, let us know.

If we notice a change in your child's behaviour, we will let you know.

Working in partnership is crucial to every aspect of your child's journey at Reed First School. They can only achieve the best they can if they are emersed in:

**positive experiences  
and  
helpful feelings**