

Thrive Time

“Research evidence shows that education and health are closely linked. Therefore, promoting the health and wellbeing of pupils and students within schools and colleges has the potential to improve their educational outcomes and their health and wellbeing outcomes.”

Public Health England

We strongly believe that our learners’ physical and mental wellbeing is a key factor in their success in all areas of the curriculum. We have designed our curriculum to feature a 30 minute wellbeing/regulation session. The overall intent of this session is to support our pupils to become as independent as possible in maintaining their own physical and mental wellbeing. These sessions should be designed to meet our pupils’ individual wellbeing and regulation needs, through the most appropriate strategies. We recognise that some pupils may benefit from ‘wake up and shake up’ style activities but others may benefit from emotional regulation strategies.

The wellbeing and regulation time aims to provide pupils with individual and group strategies to feel calm and focused. Staff will facilitate exploration of resources and activities that help to calm and/or stimulate pupil’s mood and feelings so that they feel able to engage and reach their potential learning ability.

Some pupils are under stimulated during the day, and need more active, stimulating activities to prepare for engaged learning.

Others feel over stimulated, which can present as loud, boisterous, anxious, talkative etc, and need calming activities to prepare for focused learning.

The activities can be class based or outside/ in other areas of school. Teachers and support staff can lead clearly planned activities for individual/ pairs or small groups.

Pupils will be asked to feedback on the activities they feel helps them most effectively, so that this can be recorded and shared with staff and with families.

Examples of class based activities	Examples of around school activities	Examples of outdoor activities:
Listening to music, story or meditation (headphones) Art activities Sensory activities eg exploring box of smells/ textures TacPac Wake up, shake up Brain gym Looking activities like I spy Singing, puzzles, origami	Sullivan room- sensory circuits, pressure/ heavy work Yoga PE/ physical activities eg dance- tap or line dancing Jobs Tai chi/ Chi Kung Animal therapy- dog or rabbits or fish	Horticulture- eg planter near class PE/ physical activities Sound walks Playground equipment Running