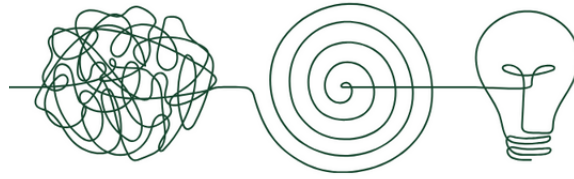


THE EMOTIONALLY SAFE SCHOOLS PROGRAMME



Module 1: Context

Description:

The first module of the emotionally safe schools programme provides us with an appropriate lens to look through. It helps us unpick and contextualise behaviour that is often viewed as entitled, defiant, disrespectful or manipulative. The module explores latest research on shame, motivation and changes in childhood development that explain, normalise and rationalise some of the behaviours we often find sinister, frustrating and most challenging to respond to.

Duration: 6 weeks

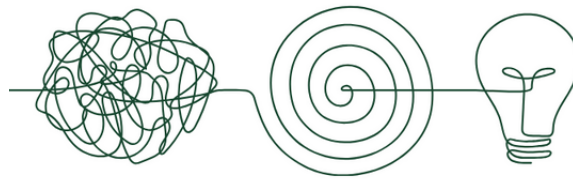
Outcomes:

This module provides the foundations of calm adult behaviour.

Settings will:

- Understand the changes in childhood and adolescence that have changed their development
- Understand the neuroscience of regulation and emotional safety
- Complete a regulation audit and sensory review of classroom routines and the learning environment
- Adjust adult language about the behaviour and attitudes of children & young people
- Develop and practice skills that are focused on 'safety first' interactions

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Module 2: Clarity

Description:

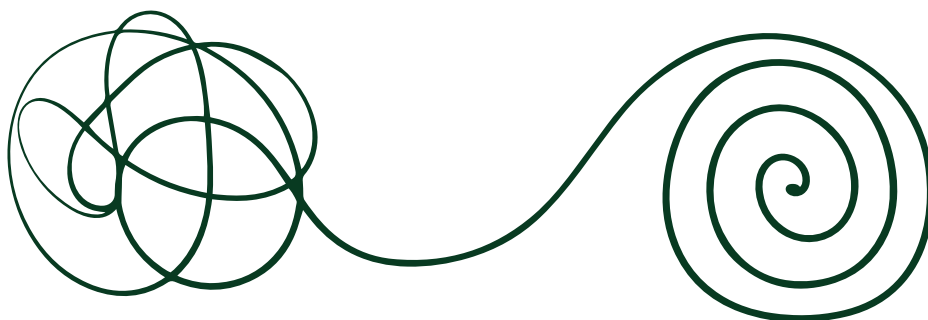
The clarity module ensures settings understand the role clear boundaries play in the development of emotional safety. Settings will work together to establish clear boundaries and expectations. Settings will develop a collaborative ethos that staff, families and learners are able to access and contribute to.

Duration: 6 weeks

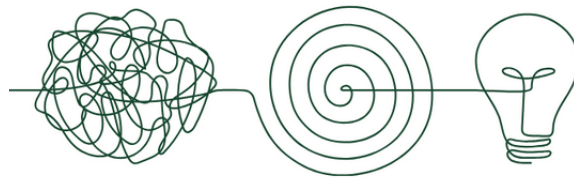
Outcomes: This module develops clear boundaries and expectations that create a shared language and safe, accessible culture.

Settings will:

- Understand and critically analyse the role of values, rules and routines.
- Recognise the need for consistent boundaries in the development of safe relationships and predictable environments
- Develop a shared agreement that engages staff, families and learners in a shared vision
- Practise predictable and safe methods for sharing expectations.



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Module 3: Prevention

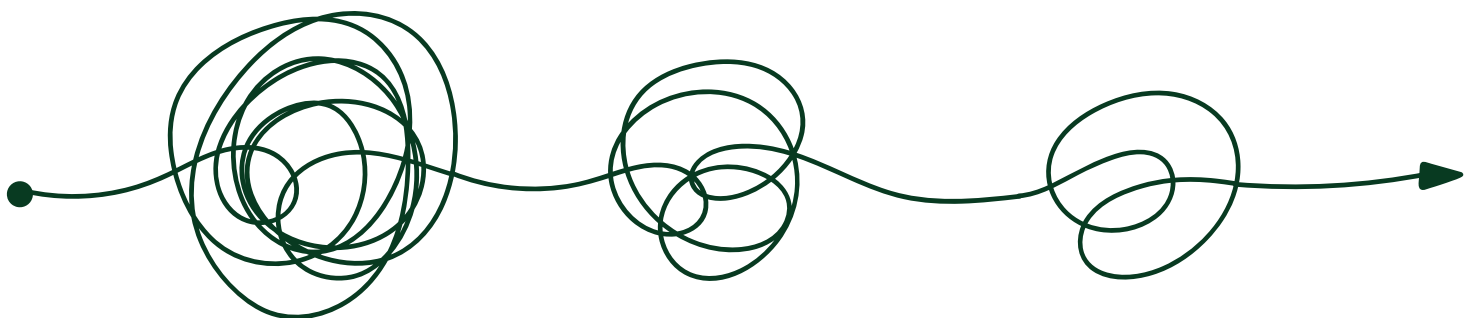
Description: In the prevention module, we will help settings focus on proactively teaching expected behaviours and ensuring all learners are given the opportunity to reach the expected standards without experiencing emotional harm.

Duration: 6 weeks

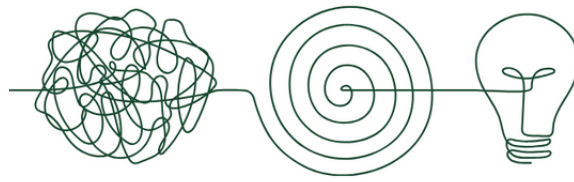
Outcomes: Adults will use emotionally safe structures to equitably teach, affirm and develop high standards of behaviours.

Settings will:

- Use a shame free structure that teaches and supports positive behaviours
- Use neutral language to ensure expectations are accessible to all learners
- Improve regulation and engagement in learning with language that is emotionally safe to all



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Module 4 - Motivation

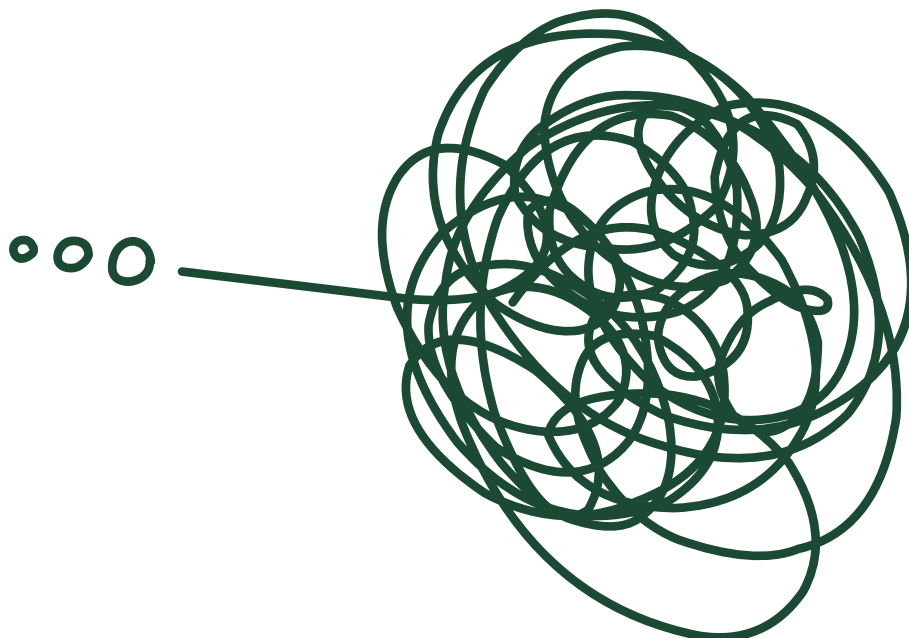
Description: The way we motivate positive behaviours determines how accessible positive outcomes become to every child. This module helps adults explore equitable and emotionally safe motivation that builds emotional resilience and positive decision making.

Duration: 6 weeks

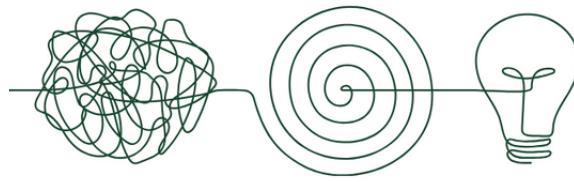
Outcomes: Adults will learn how to habitually use age appropriate, emotionally beneficial strategies of recognition and reward that develop robust intrinsic motivation.

Settings will:

- Understand and critically evaluate the efficacy of rewards
- Develop strategies and systems that develop intrinsic motivation in all learners
- Respond to unwanted behaviours in ways that do not motivate or fulfil unmet emotional needs in children and young people.



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Module 5 - Opportunity

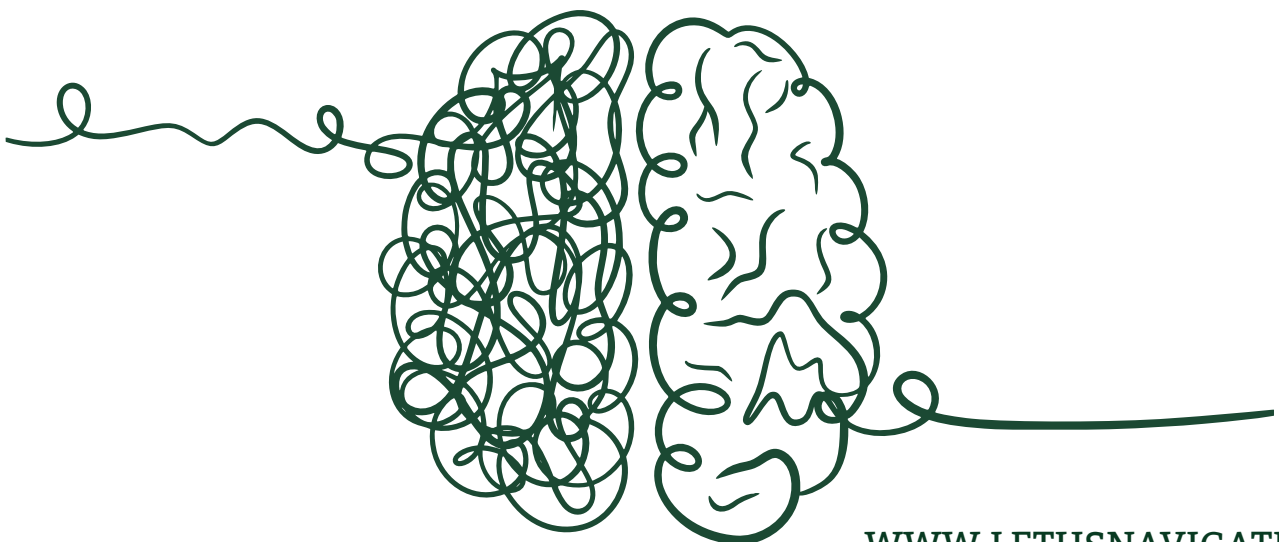
Description: This module helps settings ensure that equitable opportunities for learning exist. Adults will evaluate restorative approaches and develop emotionally safe strategies that respond to unwanted behaviour with fairness, certainty and a focus on learning and improvement.

Duration: 6 weeks

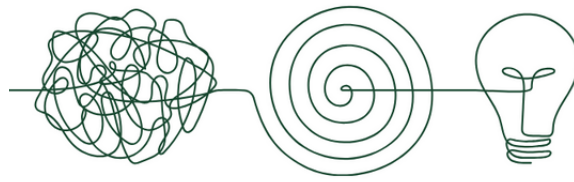
Outcomes: Adults will learn how to maintain high expectations, facilitate learning from mistakes and offer support that doesn't shame or otherwise harm.

Settings will:

- Understand and critically evaluate the efficacy of a variety consequences and sanctions
- Understand and identify consequences that are emotionally safe and maintain opportunity for all learners
- Acquire skills that allow us to use restorative justice in a way that is effective, fair and equitable.



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Module 6 - Engagement

Description: In our final module will help schools effectively engage their communities and support them to develop skills that support emotional safety in their own environments.

Duration: 6 weeks

Outcomes: Settings will be supported to interact with, and respond to all stakeholders using strategies and structures that maintain and develop emotional safety.

Settings will:

- Develop strategies that share and engage stakeholders in your culture of emotional safety
- Ensure staff interact with one another and their wider adult community in ways that promote and maintain emotional safety, dignity and respect
- Support families and other adults within your wider community to develop and use emotional safe strategies in their own environments

