



Helping children

SPARKLE

Underpinning evidence



- Children and young people who are anxious, angry or depressed don't learn. (Goleman)
- There is no separation of mind and emotions; emotions, thinking and learning are linked. (Jensen 1998)
- A resilient child or young person can resist adversity, cope with uncertainty and recover more successfully from traumatic events or episodes



**When were you
last motivated ?**

**When did
you last
motivate
someone ?**



**When were you
last inspired?**

**When did you
last inspire
someone?**



**How do you feel
about
learning?**

**How do you
make me feel
about
learning?**

What do the following words mean

- Values
- Attitudes
- habits

Mind
Change

The text 'Mind Change' is displayed in a large, light-colored, outlined font. A solid yellow circle is positioned to the right of the word 'Mind', partially overlapping the space between 'Mind' and 'Change'. The background is a light blue gradient with a faint grid pattern.