



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

A motivational quote on a textured, light-colored background. The text is arranged in four lines: 'LOOK IN THE', 'MIRROR...', 'THAT'S YOUR', and 'COMPETITION.'. The words 'MIRROR...', 'COMPETITION.', and 'COMPETITION.' are in red, while the other words are in black.

**LOOK IN THE
MIRROR...
THAT'S YOUR
COMPETITION.**

**When were you
last motivated ?**

**When did
you last
motivate
someone ?**

**THE MEANING
OF LIFE IS TO
FIND YOUR GIFT.
THE PURPOSE
OF LIFE IS TO
GIVE IT AWAY.**

— PABLO PICASSO

MEDIASWEBAPPS.COM

**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?**

"You HAVE
ALL YOU NEED
WITHIN YOU
TO BECOME
THE BEST
VERSION
OF YOURSELF."

- MASTIN KIPP



What do you need to do to become
the best version of yourself?

What do you need to do to help
your children to become the best
version of themselves?

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 bright 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.



How do you behave?

What attitudes and habits
are your children watching
and picking up?