



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

"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?

*An old Cherokee chief teaching his grandson
about life...*



A close-up, high-contrast photograph of a grey wolf's face. The wolf's fur is a mix of dark and light grey, with individual hairs clearly visible. The wolf's eyes are strikingly different colors: the left eye is a bright, almost golden yellow, and the right eye is a vibrant, electric blue. The wolf is looking directly at the camera with a steady, intense gaze. The lighting is dramatic, highlighting the texture of the fur and the intensity of the eyes.

"The one I feed."

Dweck reveals a false dichotomy

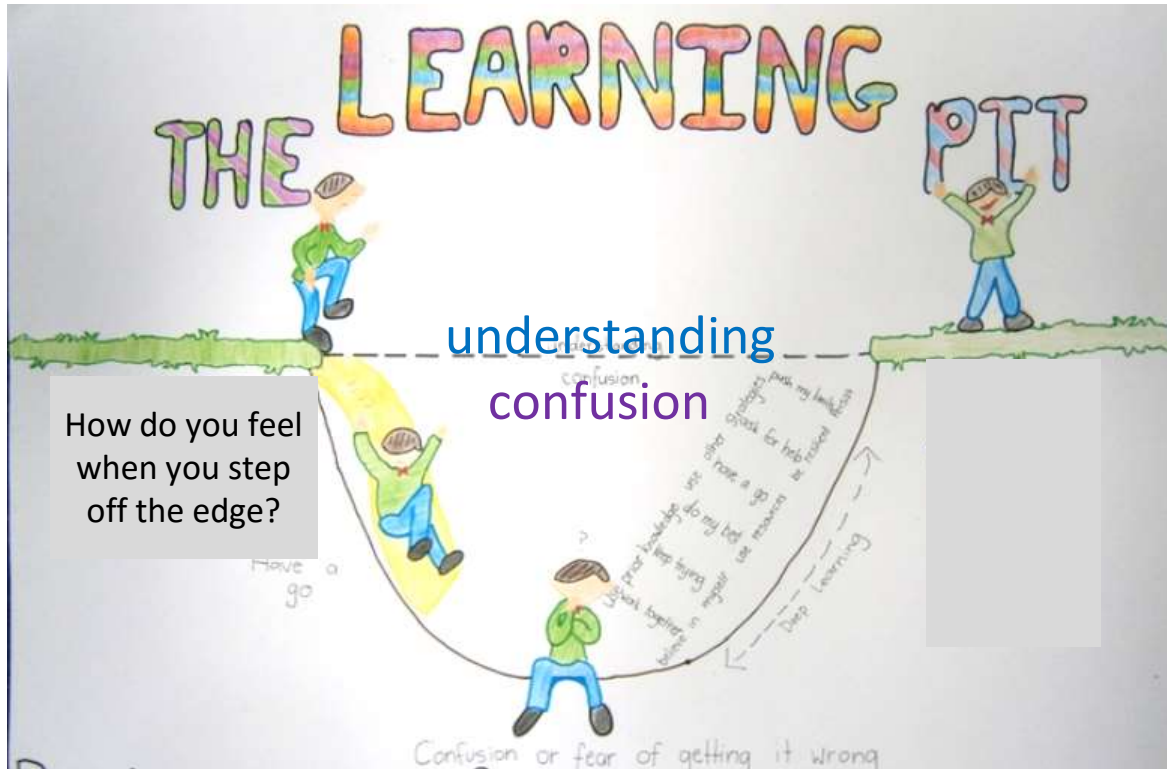
Fixed mindset: you have ability or you expend effort
 effort is for those without ability

Below the line



Growth mindset:

we all need to expend effort to improve



How do you feel when you step off the edge?

understanding
confusion

Confusion or fear of getting it wrong



Resilience,
getting over making mistakes,
getting over disappointment,
Staying in control



Supporting others,
Having confidence in yourself
Listening with your eyes



Staying focussed
Fighting off the monster distraction



Knowing what the problem is
Trying to solve the problem without
a teacher



Working in pairs to solve the problem



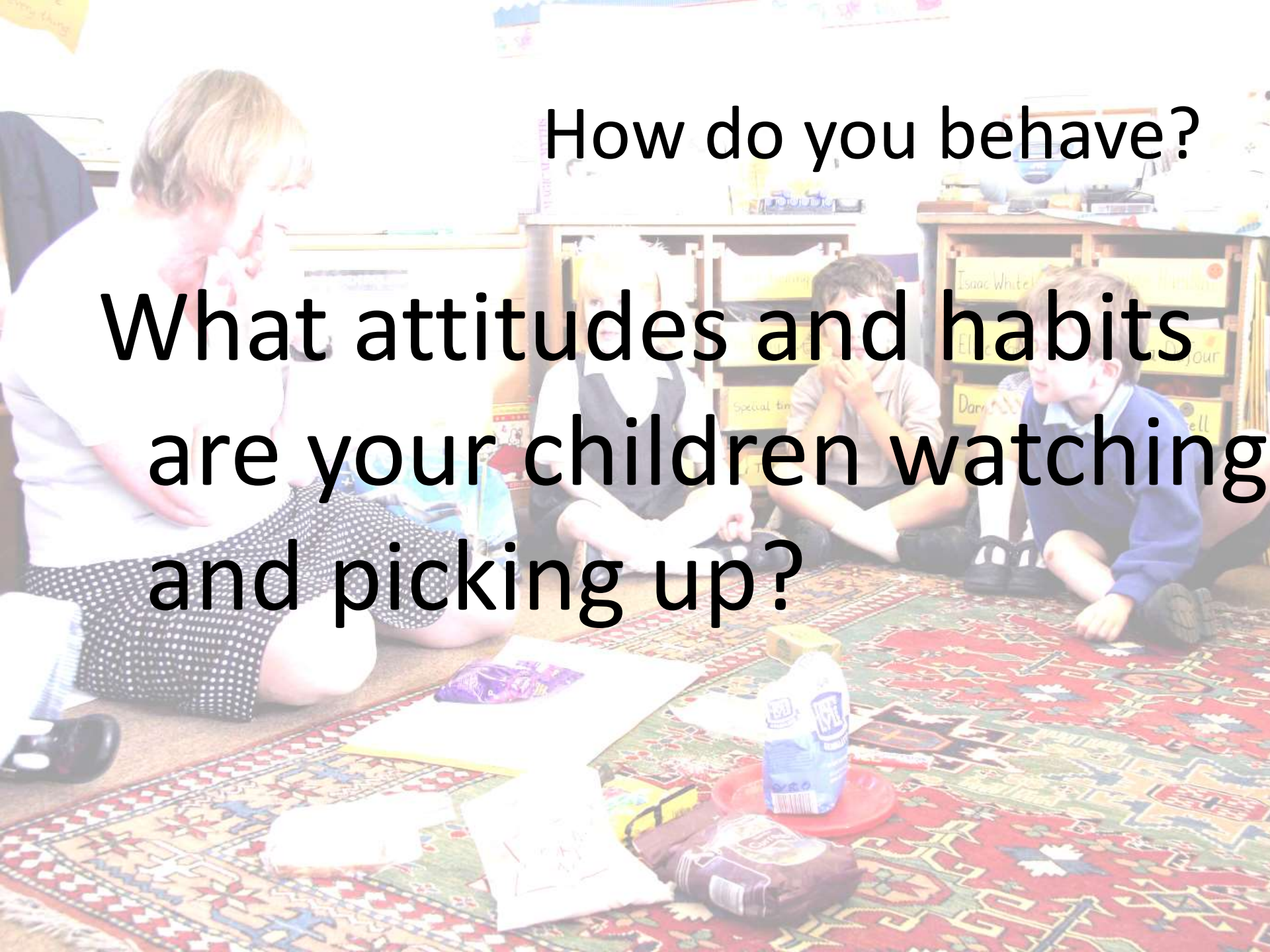
Working in teams of three to
solve a problem

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?

What do you want for your
children?

What do you do about it?

How do you balance....



Presents

Presence