



Nurture principle- All behaviour is communication

St Andrews 'Child talk': Our behaviour tells our story.

Everyone that works in the school understands that children's behaviour is a way of communicating. The children themselves might not understand what they are trying to communicate and might not yet be at a stage where they can articulate their thoughts and feelings but the adults around them are always curious and asking questions. Why are they displaying these behaviours? What has triggered these behaviours? Adults can then name emotions that the children might be feeling- "I wonder if you are feeling..." and "I'm wondering why you are feeling like that." Children can then be supported to regulate their emotions which will allow them to have better control over their behaviour. As explained in the previous newsletter, we use zones of regulation at St Andrews to help children identify the feelings that they have and as a school we are beginning to look at tools that can help us move between the zones so that we are in a good place for learning. This does not mean that all behaviour is tolerated, but it is understood. Behaviour is dealt with consistently so the children know what will happen next. Restorative conversations support this and give children the time to reflect on their behaviour and come up with strategies that will help them next time.

In the Haven, we have also been looking at some books that help us understand how our brain works and the reason why our behaviour is sometimes uncontrollable. It talks about 3 different parts of our brain...

Brilliant brain is similar to being in the green zone of regulation. We are able to listen, behave well and control our behaviour.

Sponge brain stores everything that has ever happened to us.

Dinosaur brain controls all the basic things we do. Dinosaur brain wants to keep us safe but it reacts quickly and means we are not in control of our behaviour.

Sponge brain makes connections with memories it has stored. If it matches something that is happening with a bad memory, dinosaur brain wakes up and tries to protect us from the perceived danger/bad thing. If sponge brain matches what is happening with nice memories you have, then brilliant brain is able to be in control and we can make good decisions. The good news is we can train sponge and dinosaur brain so that our behaviour doesn't become uncontrollable!

