

## STAFF TRAINING · INSET

# Training for Key Stages 1 & 2

Knowledge and insight into children's behaviour, emotions and learning processes is crucial to helping every child reach their own unique potential, year on year.

The sessions below give staff a fresh understanding of the children they teach and care for, building confidence, personal resources and skills for everyday school situations.

*Lorraine Lee Training is an inspirational training provider offering workshops, seminars and lessons for teachers, practitioners and support staff. All sessions include front-led input, discussion time and space for questions.*

## Understanding children's emotional needs

---

- The complexities of children's emotions during a school day
- What happens in the brain when emotions escalate
- How to de-escalate emotions effectively and help children re-engage in learning

## Managing challenging classroom behaviour

---

- Challenging behaviour: its purpose for the child and its impact on the class
- Positive methods and approaches for managing challenging and disruptive behaviour
- Helping children learn from their behaviour and move forward

## Delivering inspirational brain-based lessons

---

- Using developmental information to shape the key components of a lesson
- Good lesson openers and mid-point activities
- Cementing learning and concluding lessons well
- Scaffolding progress

## Engaging parents

---

- The role of parents in supporting school and facilitating learning
- Reaching 'hard to engage' parents
- Using parental engagement to help children make progress

## Helping anxious children

---

- Understanding the process of anxiety and how it operates in the brain
- Strategies to help children avoid or cope with anxious moments
- Vocabulary to minimise anxiety
- Supporting a child through a heightened moment

## Building confidence and resilience

---

- Understanding what builds confidence at each stage of development
- The link between self-esteem, confidence and recovering from setbacks
- Helping children not to compare themselves with each other

---

[lorrainelee.org](http://lorrainelee.org) · [lorraine@lorrainelee.org](mailto:lorraine@lorrainelee.org)