



inspired
Children

Play, Nurturing & Curiosity

**Training Directory 2024
Out of School Settings**

WHAT MAKES INSPIRED CHILDREN SPECIAL?

- **Multi Award-winning training with over 20,000 inspired learners.**
- **Overwhelmingly Positive Feedback from Learners**
- **Unique training approach and inspirational delivery.**
- **Mentioned in Ofsted Reports as Outstanding Staff Development.**
- **An incredible range of inspiring courses**
- **If it doesn't work in real life then we don't teach it.**
- **We actually work with children!**



Inspired Children Ltd was set up in 2011 by Ben Kingston-Hughes to support vulnerable children. With a very simple remit to “give children back their childhood” we have supported thousands of vulnerable children to thrive.

The methods we use with vulnerable children now form the basis for our training and we deliver inspirational CPD training for any agencies working with children. We have delivered unique, exceptional training to over 20,000 learners from nurseries, schools, out of school clubs, adoption agencies, national charities & for local authorities.

Ben and the team have made a name for themselves as delivering some of the best CPD training in the UK and now internationally. We have won multiple awards and are preferred providers for several local authorities. Our training has been mentioned in outstanding Ofsted reports and many owners and managers attribute their success with Ofsted to our training. Basically, this is not your standard training!

I wanted to say thank you so much for the training last night. You have been so inspirational, opening our minds up even more, just brilliant!!

Tina Dewhurst – The Kids' Club, Playwork in the Community

I cannot put into words how amazing the training that you delivered on Friday was. My team were most definitely inspired and I felt that we came together as a team! Thank you!

Natalie Smyth, West Grantham Academy – St Johns

The training was inspiring and insightful and certainly gave us all food for thought. Your passion and enthusiasm for children's play is infectious and this came across in the training.

Sharon Gapper - Swyddog Cyflawnder Chwarae/Play Sufficiency Officer



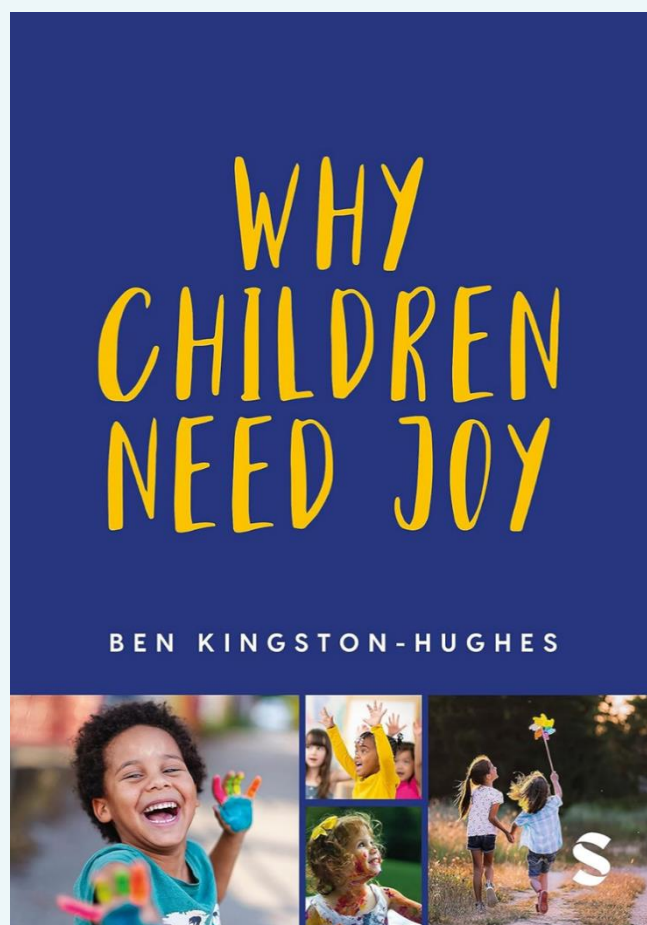
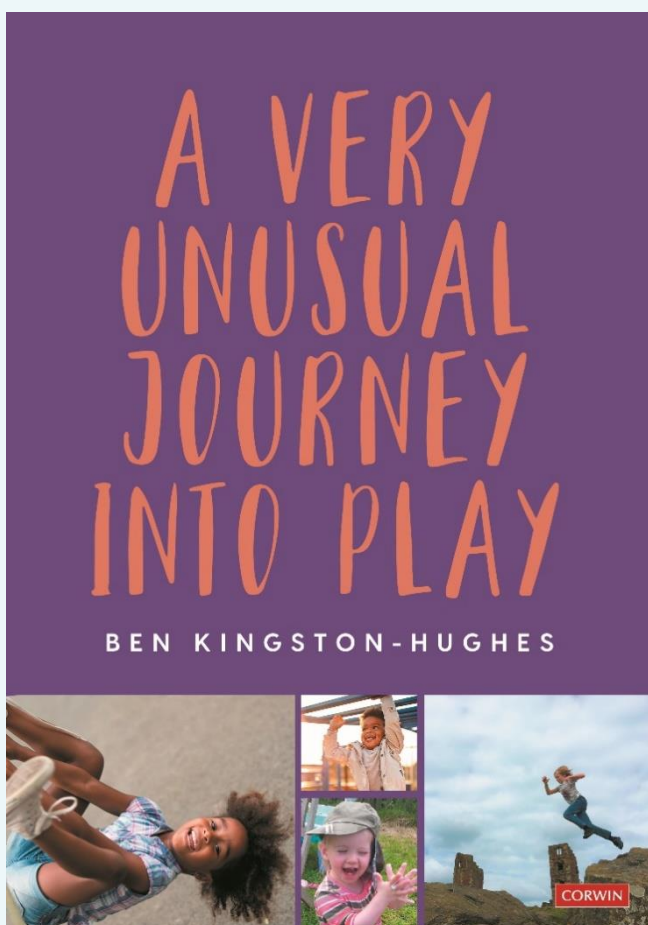
PUBLICATIONS

Ben has written numerous articles and blogs for a variety of publications including Nursery World Magazine. He has recently published two books based on his experiences of working with children.

His game-changing book about play was written specifically for people who work with children and has received huge acclaim from practitioners and managers alike for its accessible style and genuine insights. This is the definitive book about play and a vital resource for anyone working with children.

"A wonderful book, engaging and easy to read, worth every penny, and thoroughly recommended." **Jim Morehouse**

Ben's second book explores the undervalued and underexplored concept of joy in childhood. It is available to pre-order now.



Ben's amazon page can be found at https://www.amazon.co.uk/Ben-Kingston-Hughes/e/B09MV3FMWX?ref=sr_ntt_srch_lnk_1&qid=1698867275&sr=8-1

Training Details

Costs are per course (not per person) and we can accommodate as many learners as your venue will hold. We are just as happy working with small intimate groups or large conference style events. The costs are the same whether you choose a course from this booklet or ask us to create a course just for you. You can even pick and mix elements from different courses to create your perfect staff training day. Training can be scheduled for daytime, twilight, evening or even weekends to best suit your needs.

To Zoom or not to Zoom?

Almost all of our courses can be delivered as face-to-face or live Zoom/ MS Teams sessions. These are not your typical online sessions though. We have gone out of our way to ensure our online courses are just as entertaining and vibrant as our live sessions. We have high-quality lighting, cameras and sound and have created unique versions of our courses specifically to be delivered online. Just like our face-to-face sessions they have received incredible feedback and are exceptional value for money.

Costs

Courses are charged at £450 plus travel per course for a half day or £800 plus travel per course for a full day for up to 40 learners. For larger groups (no upper limit) the cost is £600 for a half day and £900 for a full day. If travel time is excessive then we will charge the full day rate for a half day session.

Conferences

Ben Kingston-Hughes also delivers inspiring keynotes at regional, national and international conferences – please contact us for pricing and availability.

Travel

Travel costs are charged at 45p per mile from the individual trainers location. Online courses incur no travel and can be a really cost effective way to access quality CPD.

Certificates

We provide certificates on request and are always available after the training to answer questions.

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Amazing Play – Essential Play for Out of School Settings

“Did what it said on the box, “Inspired” me!”

(Jayne Pearce - Childcare Development Officer, Leicestershire County Council)

“Excellent again. Inspiring as always. Thanks”

(Reuben Francis - Adventure Playground Manager, Wisbech)

“Perfect balance of practical and theory for play settings - I wish we could make it compulsory!”

(Helen Lowe - Childcare Development Officer, Leicestershire County Council)

Inspired Children are leading national play specialists and are proud to present our definitive play course for out of school environments. The course is invaluable for any organisation delivering play whether this is on a play scheme, after school club, holiday club, leisure centre, adventure playground, playranger project or activity sessions. The session is also really useful for childminders.

This unique course illustrates the fundamental importance of play from a developmental, neurological and therapeutic perspective; demonstrating the underlying ethos and theories of playwork through a series of carefully chosen and highly entertaining practical experiences. The course then shows how we can use these experiences to create amazing play opportunities for our children having the most profound effect on their development and well-being. Learners on this course, whether experienced playworkers or just starting out, will gain a wealth of new ideas and be genuinely inspired to create Amazing Play.

As an added outcome the course provides learners and settings with an overwhelming concordance of new evidence to support the critical role of play in the healthy development of children. This can be used to directly influence parents and other agencies who might potentially view play as merely frivolous and low priority.

The 3 hour course explores playwork and details play theories that have a direct practical application within an out of school setting. The whole day course explores risk and challenge and imaginative play and includes numerous ideas to make play more exciting for children. The course can also be taught over two full days giving a complete and unique grounding in every aspect of supporting play. The two-day course includes positive behaviour, inclusive play and planning a child centred environment in addition to a host of activity ideas both new and traditional.

Course requirements

There are no prerequisites for learners accessing this course but a willingness to join in with activities is desirable. A learning environment with plenty of room is helpful as many of the activities can take place indoors if necessary. Access to an outdoor space is desirable - This does not have to be a large space but should be a place where learners can experience outdoor play un-interrupted.

Course Content

3 hr Session

- What is Play/ Playwork?
- The profound benefits of Play
- The Neuroscience of Play
- Practical Playwork Principles
- A playful approach (process focused approach)
- The Play Cycle
- Play Types

Full day course

- Risk and Challenge in Play – including Dynamic Risk Assessment
- Therapeutic aspects of Play
- Imagination and Make-believe Play
- Loose Parts Play and enriched environments
- Compound Flexibility

2 day Course

- Positive Behaviour.
- Adult Behaviour in a Play Setting
- Playworker as a role model
- Planning for Play
- A Child Centred Play Environment.
- Raising Practitioner Confidence to create fantastic play opportunities
- Advocating for Play
- How Play can Change the World

Course Aims

To explore the profound benefits of play and barriers to play

To explore the positive role of the adult within children's play

To introduce the latest neuroscience of play and the playwork ethos

To experience a range of amazing practical activities suitable for children

To Inspire Learners to support Amazing Play

This course meets the following:

- Play Types – All
- Playwork Principles, Playwork Curriculum and Best Play Criteria for enriched play environment.
- Neurological Development
- Mental Health and Emotional Well-being
- Supporting Vulnerable Children
- Positive behaviour Strategies
- UN Convention on the Rights of a Child – article 31

Duration

3hrs

6hrs

12hrs

Cost

£450 + Travel Expenses

£800 + Travel Expenses

£1450 + Travel Expenses

Playful Brains – The Neuroscience and Evolution of Play

A fascinating look at Play in the child’s brain and how this impacts on every aspect of their development.

This transformative session explores exactly what happens in children’s brains when they play. The session then demonstrates that an understanding of how the brain works enables us to support our children to experience the most amazing play opportunities. The course also explores the vital role of Play in developing and growing children’s brains, highlighting the profound importance of play for brain growth, wellbeing and even life expectancy.

Ben Kingston-Hughes makes a compelling argument that play is a fundamental building block for every aspect of well-being and development. This session is entertaining, thought-provoking and might just help us build the brains of the future.

This course also looks at play in children as an evolutionary imperative that we restrict at our peril. We look back to a time where there was no health and safety, no “inside voice” and almost every aspect of learning was active rather than passive and we look at the potentially catastrophic damage that 21st century restrictions are having on the emotional, cognitive and neurological development of our children.

This course addresses the following:

- Combatting Play Deprivation and lifelong health and well-being
- Healthy Brain Growth and Development
- Positive Mental Health and lowering anxiety
- Play Types – All
- Neuroscience of Play
- NHS physical activity recommendations

Suitable and adaptable for the following ages/agencies

| 0-5 yrs | Reception | KS1 | KS2 | Out of School | Secondary/ Youth | Parents/ Adopters/ Foster Carers |
|---------|-----------|-----|-----|---------------|------------------|----------------------------------|
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

Duration – Half Day Session
3hrs

Cost for up to 40 learners
£450 + Travel Expenses

Over 40 Learners
£600 + Travel Expenses

Duration – Full Day Session
6hrs

Cost for up to 40 learners
£800 + Travel Expenses

Over 40 Learners
£900 + Travel Expenses

Adventurous Play – Essential Risk and Challenge

“This is the most eye-opening course I have ever been on. It has really made me re-examine my current practice (and parenting)”

Playworker – Cambridgeshire Course

This essential course illustrates why it is vital for children’s wellbeing that they experience adventurous play and risk and challenge in their environments. It engages learners in a series of practical and fun activities that allow a setting to confidently include risky and challenging play to make play more exciting. We are not looking to injure children but to give them a vibrant and stimulating childhood and ultimately help them assess danger for themselves. The course delves into the fascinating new neuroscience of just why children need adventurous play and how catastrophic it can be to over protect children.

Overprotecting children has recently been included as an example of Child Abuse on Safeguarding Training and the Health and Safety Executive has gone on record stating that “Overprotecting Children damages their development.” Links have now been made between experiencing risky play and positive mental health, increased resilience and even life expectancy.

This course is an invaluable tool for any setting frustrated by having to wrap children up in cotton wool and wanting to make play more exciting. It gives realistic common-sense strategies for managing risk without overprotecting and robust, transparent approaches to assessing danger. We also provide standard letters to send to parents explaining the current HSE position on risk and how bumps and bruise are vital for a child’s development and resilience.

This course addresses the following:

- Combatting Play Deprivation and lifelong health and well-being
- Healthy Brain Growth and Development
- Positive Mental Health and lowering anxiety
- Play Types – Locomotor Play, Deep Play, Rough and Tumble Play
- HSE recommendations on Risk Benefit Analysis

Suitable and adaptable for the following ages/ agencies

| 0-5 yrs | Reception | KS1 | KS2 | Out of School | Secondary/ Youth | Parents/ Adopters/ Foster Carers |
|---------|-----------|-----|-----|---------------|------------------|----------------------------------|
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

Duration – Half Day Session

3hrs

Cost for up to 40 learners

£450 + Travel Expenses

Over 40 Learners

£600 + Travel Expenses

Loose Parts Play and Open-ended Resources

Building the Future

This is the definitive course on Loose parts play from leading national play specialists and is a unique exploration of the theories and practical applications of loose parts play. The course shows that a child’s ability to innovate, creatively problem solve and to think “outside the box” is directly linked to the experiences they have in childhood. Open ended resources and loose parts play unlock imagination, creativity and divergent thinking in a way that no amount of formal learning or screen time can ever come close to. Self-directed play allows children to interact with their environments and work with their brains to achieve neurological and cognitive development the way their brain was always meant to learn. Research repeatedly shows that children exposed to interactive environments develop bigger, more complex, faster and more resilient brains! This course is a vibrant exploration of some amazing low cost or free resources that we can use to support children’s play and highlights the fascinating new research behind these wonderful resources. This course is practical, thought provoking and instantly applicable to the children in our care. Think outside the box whilst playing in a cardboard box!

This course addresses the following:

- Combatting Play Deprivation and lifelong health and well-being
- Healthy Brain Growth and Development
- Positive Mental Health and lowering anxiety
- Imagination and Creativity
- Best Play Criteria for Enriched Environments
- Creative Problem Solving and Divergent Thinking
- Play Types – Mastery Play, Fantasy Play, Socio-dramatic play, Imaginative Play, Role Play, Creative Play, Communication Play.

This course is relevant and adaptable for the following age ranges

| 0-5 yrs | Reception | KS1 | KS2 | Out of School | Secondary/ Youth | Parents/ Adopters/ Foster Carers |
|---------|-----------|-----|-----|---------------|------------------|----------------------------------|
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

Duration – Half Day Session
3hrs

Cost for up to 40 learners
£450 + Travel Expenses
Over 40 Learners
£600 + Travel Expenses

Playing Out – Making the most of the Outdoor Environment.

“Fantastic Inspirational Activities”

“An absolutely fantastic Course”

Learners from Leicestershire County Council Course

Fun, practical and insightful this course gives learners everything they need to make the most of their outdoor space. Learners will go away with a wealth of games and activities to suit any outdoor space. Based on over 30 years experience delivering quality outdoor play opportunities and an up-to-date knowledge of current research this course is a fun and inspiring way to give learners the confidence to deliver outdoor play, whatever the weather!

The tutor on this course has been key note speaker at national and regional conferences promoting the benefits of outdoor play and has managed projects that work exclusively outdoors delivering play in even the most severe weather.

Course Aims

- To illustrate the need for outdoor play and the benefits to children
- To highlight the detrimental effects of lack of outdoor play
- To inspire learners to increase levels of outdoor play in their settings
- To showcase practical and fun outdoor activities for all ages
- To provide support and information based on a wealth of practical experience

This course addresses the following:

- Combatting Play Deprivation and lifelong health and well-being
- Healthy Brain Growth and Development
- Positive Mental Health and lowering anxiety
- Play Types – All
- Best Play criteria for Enriched Environments
- UN Convention on the Rights of a Child – article 31

Suitable and adaptable for the following ages/agencies

| 0-5 yrs | Reception | KS1 | KS2 | Out of School | Secondary/ Youth | Parents/ Adopters/ Foster Carers |
|---------|-----------|-----|-----|---------------|------------------|----------------------------------|
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

Duration – Half Day Session

3hrs

Cost for up to 40 learners

£450 + Travel Expenses

Over 40 Learners

£600 + Travel Expenses

Playing Out and Playing Wild!

“Fantastic course! Many Thanks”

(Grania Peace – Manager Out of School Club)

“The training flew by, good trainer, made the course very enjoyable.”

(Julie Harris – Out of School club Manager)

Combining two of Inspired Children's most successful courses, Risk and Challenge and Outdoor Play, this is a whole day of outdoor mischief guaranteed to breathe new life into a setting's outdoor environment. Initially requested by Leicestershire County Council this course soon became a firm favourite and has inspired learners to completely revise their approach to outdoor and risky play. Specifically designed for Out of School environments

Suitable and adaptable for the following ages/agencies

| 0-5 yrs | Reception | KS1 | KS2 | Out of School | Secondary/ Youth | Parents/ Adopters/ Foster Carers |
|---------|-----------|-----|-----|---------------|------------------|----------------------------------|
| | | ✓ | ✓ | ✓ | ✓ | ✓ |

Course requirements

Access to an Outdoor Learning Environment. Clothing suitable for outdoor play should be worn. Access to mature trees and a varied outdoor space is desirable but not essential.

This course addresses the following:

- Combatting Play Deprivation and lifelong health and well-being
- Healthy Brain Growth and Development
- Positive Mental Health and lowering anxiety
- Play Types – All
- HSE recommendations on Risk Benefit Analysis

Duration – Full Day Session

6hrs

Cost for up to 40 learners

£800 + Travel Expenses

Over 40 Learners

£900 + Travel Expenses

Boisterous Play for Boys & Girls

This new course explores boisterous play not as negative behaviour but as a vital developmental process supporting children to test and develop their own physicality. This course aims to put some of the thrill and boisterousness back into play. Children are constantly told not to be so rough and yet by restricting this kind of play we are in danger of limiting some very important developmental processes. This course highlights the importance of rough and tumble and boisterous play and demonstrates a series of incremental activities to increase rough and tumble play in a play setting. This course is ideal for any setting wishing to make play more exciting and is especially valuable for settings where older children appear bored with the everyday activities and their behaviour deteriorates.

This course addresses the following:

- **Play Types** – Rough and Tumble, Deep Play, Mastery Play, Locomotor Play
- **Playwork Principles**
- **Playwork Curriculum and Best Play Criteria for enriched play environment.**
- **Neurological Development**
- **UN Convention on the Rights of a Child** – article 31

This course addresses the following:

- Combatting Play Deprivation and lifelong health and well-being
- Healthy Brain Growth and Development
- Positive Mental Health and lowering anxiety
- Play Types – Locomotor Play, Deep Play, Rough and Tumble Play
- Proprioceptive development

Suitable and adaptable for the following ages/agencies

| 0-5 yrs | Reception | KS1 | KS2 | Out of School | Secondary/ Youth | Parents/ Adopters/ Foster Carers |
|---------|-----------|-----|-----|---------------|------------------|----------------------------------|
| | | ✓ | ✓ | ✓ | ✓ | ✓ |

Duration – Half Day Session

3hrs

Cost for up to 40 learners

£450 + Travel Expenses

Over 40 Learners

£600 + Travel Expenses

Play Free - Introductory Play for Volunteers and Sessional Staff

This is an invaluable half day course that brings volunteers up to speed with current playwork thinking and gets them joining in a range of new and traditional games and activities suitable for children of all ages.

This half day gives new volunteers and sessional staff everything they need to confidently deliver play opportunities and work well with other trained staff to give children a play experience they will never forget.

This course is entirely practical with no written content making it ideal for volunteers of all ability levels and can have a massive effect on the quality of play opportunities at the setting.

Course Aims

- To explore the benefits of play
- To explore the role of the adult within children's play
- To prioritise children's play needs
- To become familiar with the Playwork Principles and the playwork ethos
- To increase confidence in supporting play
- To access a range of practical activities suitable for children

This course addresses the following:

- Play Types – All
- Neurological Development
- Life-long health and well-being
- Intervention styles
- Playwork Principles
- Playwork Curriculum and Best Play Criteria for enriched play environment.
- UN Convention on the Rights of a Child – article 31

Suitable and adaptable for the following ages/agencies

| 0-5 yrs | Reception | KS1 | KS2 | Out of School | Secondary/ Youth | Parents/ Adopters/ Foster Carers |
|---------|-----------|-----|-----|---------------|------------------|----------------------------------|
| | | ✓ | ✓ | ✓ | ✓ | ✓ |

Duration – Half Day Session
3hrs

Cost for up to 40 learners
£450 + Travel Expenses
Over 40 Learners
£600 + Travel Expenses

Magical Imaginative Play

Unforgettable Imaginative Play for children and settings to cherish

Prepare for a journey into a strange world where nothing is as it seems and absolutely anything is possible. This ground-breaking course looks at how imagination directly encourages brain development and creates neural networks underpinning every aspect of what makes us uniquely human. The course demonstrates imaginative play as the foundation for a broad range of development from communication and language to mathematical problem solving and also looks at how stimulating, imaginative environments can help create profound experiences and life-long benefits for children. The course gives delegates a wealth of ideas to take back to their settings to stimulate children's imaginations. It also touches upon the neuroscience of imaginative play demonstrating that imagination is potentially one of the most important developmental processes in any child's life and one of the greatest gifts they will ever receive.

Inspired training is always innovative and imaginative but on this course we have truly been let loose. Come prepared to "make believe" and take home some magical ideas for your children and maybe even a little magic for yourself. This session is specially adapted for out of school settings and older children.

This course addresses the following:

- Combatting Play Deprivation and lifelong health and well-being
- Healthy Brain Growth and Development
- Positive Mental Health and lowering anxiety
- Imagination and Creativity
- Best Play Criteria for Enriched Environments
- Creative Problem Solving and Divergent Thinking
- Play Types – Mastery Play, Fantasy Play, Socio-dramatic play, Imaginative Play, Role Play, Creative Play, Communication Play.
- Practical ideas for imaginative play

Suitable and adaptable for the following ages/ agencies

| 0-5 yrs | Reception | KS1 | KS2 | Out of School | Secondary/ Youth | Parents/ Adopters/ Foster Carers |
|---------|-----------|-----|-----|---------------|------------------|----------------------------------|
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

Duration – Half Day Session
3hrs

Cost for up to 40 learners
£450 + Travel Expenses
Over 40 Learners
£600 + Travel Expenses

Practical Inclusion for OOS

“Course was awesome, (Tutor) is a legend.”
(Playworker, Horncastle)

This insightful course explores inclusion in a way that is directly applicable to our children supporting OOS settings to create inclusive play experiences for a diverse range of children. The course encourages learners to embed inclusive practice into every aspect of the running of their settings. It highlights techniques and strategies for inclusion and promotes an underlying ethos of inclusion that underpins the entire organisation. The course also demonstrates a series of multi-level activities and games that are suitable for children of all ages.

“Access is getting in - Inclusion is wanting to stay!”*

The tutor on this course has managed inclusive projects across the UK working with large numbers of disabled and non-disabled children and has spoken at regional and national conferences on inclusive play.

*Quote from Kids Inclusion Project

Course Aims

- To introduce embedded inclusive practice
- To explore a process centred approach to inclusive play
- To access a range of practical inclusive activities

This course addresses the following:

- **Play Types** – All depending on activities
- Best practice for Disability and Inclusion
- Equality Act 2010
- Process Focused Approach
- **Playwork Principles**
- **Playwork Curriculum and Best Play Criteria** for enriched play environment.
- **UN Convention on the Rights of a Child**

Suitable and adaptable for the following ages/ agencies

| 0-5 yrs | Reception | KS1 | KS2 | Out of School | Secondary/ Youth | Parents/ Adopters/ Foster Carers |
|---------|-----------|-----|-----|---------------|------------------|----------------------------------|
| | | ✓ | ✓ | ✓ | ✓ | |

Duration – Half Day Session
3hrs

Cost for up to 40 learners
£450 + Travel Expenses
Over 40 Learners
£600 + Travel Expenses

Positive Children, Positive Behaviour

This is an invaluable course for anyone working with children. It promotes a series of strategies and techniques to promote positive behaviour and helps practitioners to fundamentally understand their children's behaviour. By understanding what children are trying to communicate with their behaviour we can better guide them towards pro-social behaviour and ultimately help them thrive.

This course can be a real game changer as it gives unique insight into children's behaviour which can really help practitioners especially if they feel like they are struggling. The course explores some of the myths around behaviour and gives concrete strategies for unlocking pro-social behaviour and some incredible new research into just why traditional methods are not effective. This can have a dramatic effect on the children, the practitioners and the setting as a whole.

Course Aims

- To promote positive behaviour for children at an Out of School setting
- To highlight a series of practical solutions for dealing with negative behaviour
- To illustrate how to use positive behaviour techniques to extend and improve play
- To inspire learners to spend less time on maintaining behaviour and more on having fun.

This course addresses the following:

- Supporting Vulnerable Children
- Positive Mental Health and lowering anxiety
- Understanding behaviour
- Positive Modelling
- Proactive behaviour strategies

"This is the most useful course I have ever attended. It has helped me to understand my children better and made me realise how some of our children with the worst behaviour are the ones who are struggling." **Jasmin Reese, HAF Provider**

Suitable and adaptable for the following ages/agencies

| 0-5 yrs | Reception | KS1 | KS2 | Out of School | Secondary/ Youth | Parents/ Adopters/ Foster Carers |
|---------|-----------|-----|-----|---------------|------------------|----------------------------------|
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

This course can be delivered as an intensive half day or as a full day with additional research and behaviour insights.

Duration – Half Day Session

3hrs

Cost for up to 40 learners

£450 + Travel Expenses

Over 40 Learners

£600 + Travel Expenses

Duration – Full Day Session

6hrs

Cost for up to 40 learners

£800 + Travel Expenses

Over 40 Learners

£900 + Travel Expenses

Working with Vulnerable Children

This life changing new course looks at how we support children who are struggling. If you have ever worked with a child that has low confidence, negative or aggressive behaviour or seems frightened by the world, this course is for you. Many children find life to be difficult, especially if they have been through trauma, grief or have insecure attachments. They may have an overwhelmingly negative experience of home life or be struggling with low confidence and self-esteem leading to anxiety and negative behaviour. They may even be suffering from a lack of nurturing due to excessive screen time. This course shows how positive adults can have the most profound and life-changing effect on those children. The course shows that by understanding the emotional and biochemical damage of anxiety we can begin to support children to heal. By focusing on Play, Nurturing and Curiosity the course gives a range of practical experiences to help children find themselves again.

This course addresses the following:

- Supporting Vulnerable Children
- Positive Mental Health and lowering anxiety
- Understanding behaviour
- The neuroscience of trauma
- Positive Modelling
- Supporting children to thrive

Suitable and adaptable for the following ages/agencies

| 0-5 yrs | Reception | KS1 | KS2 | Out of School | Secondary/ Youth | Parents/ Adopters/ Foster Carers |
|---------|-----------|-----|-----|---------------|------------------|----------------------------------|
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

Duration – Half Day Session
3hrs

Cost for up to 40 learners
£450 + Travel Expenses
Over 40 Learners
£600 + Travel Expenses

Working with ADHD 5-18yrs

Overview

Inspired Children works with vulnerable children across the UK including many with Attention Deficit Hyperactivity Disorder. We have successfully worked with some of the most challenging/amazing children and we enjoy helping these children to have a vibrant and emotionally secure childhood despite the opinions and treatment of other adults in their environment.

This course has been written in collaboration with several other agencies and people including managers of afterschool provision and staff at special schools.

This course helps us to understand what ADHD actually is and how it manifests in the behaviour and attitudes of our children. It gives us a solid grounding in how to support these children and give them the best possible opportunities for positive play. By understanding this high profile but often misunderstood condition we can put in place strategies and approaches to help children cope and ultimately make them feel emotionally secure and included.

The course is specifically aimed at the 5-18 age range and uses real world examples from actual children and young people gained from over 30 years experience of inclusive and specialist provision. This course will help practitioners understand this fascinating subject and better support the children and young people in their care.

This course addresses the following:

- Understanding Neurodiversity
- Supporting Vulnerable Children
- Positive Mental Health and lowering anxiety
- Understanding behaviour
- Positive Modelling
- Equality Act 2010

Suitable and adaptable for the following ages/agencies

| 0-5 yrs | Reception | KS1 | KS2 | Out of School | Secondary/ Youth | Parents/ Adopters/ Foster Carers |
|---------|-----------|-----|-----|---------------|------------------|----------------------------------|
| | | ✓ | ✓ | ✓ | ✓ | ✓ |

Duration – Half Day Session
3hrs

Cost for up to 40 learners
£450 + Travel Expenses
Over 40 Learners
£600 + Travel Expenses

Working with Autism 5-18yrs

Overview

Inspired Children works with vulnerable children across the UK including children and young people on the Autistic Spectrum. We also provide training to specialist schools and work with respite centres for families of Autistic Children.

"The session was brilliantly delivered and we were able to measure positive outcomes for every one of our Club Members, which couldn't have been a better result. Thank you so much to your excellent team."

Jessica Buckley - Inclusion Manager, Menphys

This course breaks down what Autism means to a child or young person and how that may show itself in their behaviour. The course looks at the difficulties autistic children may face in being included in our settings and how we can do the best we possibly can to overcome those difficulties and deliver truly inclusive provision. Drawing on research from national initiatives and making links to Autism Charities such as the National Autistic Society this course gives a series of practical strategies that we can all do to make our settings as open and inclusive as possible.

This course addresses the following:

- Understanding Neurodiversity
- Supporting Vulnerable Children
- Positive Mental Health and lowering anxiety
- Understanding behaviour
- Positive Modelling
- Equality Act 2010

Suitable and adaptable for the following ages/agencies

| 0-5 yrs | Reception | KS1 | KS2 | Out of School | Secondary/ Youth | Parents/ Adopters/ Foster Carers |
|---------|-----------|-----|-----|---------------|------------------|----------------------------------|
| | | ✓ | ✓ | ✓ | ✓ | ✓ |

Duration – Half Day Session

3hrs

Cost for up to 40 learners

£450 + Travel Expenses

Over 40 Learners

£600 + Travel Expenses

Engaging and Supporting Older Children in Out of School Environments

How many times have we tried to keep our older children engaged only for it to end in negative behaviour? This is the course we are asked to deliver time and time again because it seems to be one of the key issues facing the day to day running of an afterschool club. Based on 30 years working with older children in some of the most deprived areas of the UK this course is the definitive course on how we engage and support our fantastic older children.

The course helps us look at older children in a whole new light and gives a wealth of adventurous, boisterous and occasionally mischievous activities to engage and delight our older children. We also look at the kind of negative School day these children might have had and highlight what we can do to be the antidote to the pressures and anxieties of year five and six in primary school. Put simply, hama beads and colouring are not going to cut it for children that have had a whole day of restrictions, anxiety and sitting still. This course details the practical neuroscience of older children and shows how we can work with their brains to channel their energies in a creative and positive way. Fascinating neuroscience, positive behaviour techniques and a wealth of practical activities make this course essential for anyone that has ever struggled with their older children or any setting wanting to make things even better for their older children.

Course Aims

- To highlight potential joys and challenges of working with older children in OOS settings
- To explore the fundamental neuroscience of older children and how to work with their brains to achieve positive creative play
- To showcase a range of practical activities specifically designed to engage older children and tested with thousands of children across the UK.

This course addresses the following:

- Understanding the needs of older children
- Play types – Locomotor, Rough and Tumble, Mastery, Deep
- Positive Mental Health and lowering anxiety
- Enriched Human and Physical Environments
- Risk and Challenge
- Understanding behaviour

Suitable and adaptable for the following ages/agencies

| 0-5 yrs | Reception | KS1 | KS2 | Out of School | Secondary/ Youth | Parents/ Adopters/ Foster Carers |
|---------|-----------|-----|-----|---------------|------------------|----------------------------------|
| | | | ✓ | ✓ | ✓ | ✓ |

Duration – Half Day Session
3hrs

Cost for up to 40 learners
£450 + Travel Expenses
Over 40 Learners
£600 + Travel Expenses

Positive interactions through Play – How adults can support Amazing Play

What does a Playworker actually do and what does effective Playwork really look like?

This exciting new course looks at exactly how we create positive playful interactions with our children to support magical, memorable play. Aimed specifically at the afterschool environment (although highly relevant for other settings) the course details how we can transform our setting through positive interactions with the overriding aim of making play better for the children in our care. The course looks at how we extend play, adding challenge, and meet the needs of children by helping them to adapt and evolve the activities themselves. This can enable us to engage even the most reluctant or anxious children in play. The course also fundamentally unpicks the role of the Playworker and highlights concrete methods for enhancing play without controlling its direction and details exactly when to step in and when to simply leave children to play.

The course also looks at the impact of the adult on the play space and how we can avoid adulterating play whilst providing stimulating environments for our children. The course then examines how we can overcome nervousness about being spontaneous and how to encourage creative thinking in our children, becoming a catalyst for novel play ideas. It is easy to feel stuck in the safety zone of what's been tried and tested before and this course looks at how we can break this cycle to create truly magical play.

This course addresses the following:

- Emotional well-being and mental health
- The role of the adult in supporting play
- When to intervene and when to step back
- Positive Behaviour strategies
- Supporting vulnerable children
- Play work Theory
- Attachment Theory

Suitable and adaptable for the following ages/agencies

| 0-5 yrs | Reception | KS1 | KS2 | Out of School | Secondary/ Youth | Parents/ Adopters/ Foster Carers |
|---------|-----------|-----|-----|---------------|------------------|----------------------------------|
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

Duration – Half Day Session
3hrs

Cost for up to 40 learners
£450 + Travel Expenses
Over 40 Learners
£600 + Travel Expenses

Six Impossible Things - Making the most of opportunities for Children

This course is an inspirational practical course that helps settings make the most of everyday items, situations and low cost or free resources to create truly magical play and a host of learning opportunities. The course has a simple message – nothing is impossible! Using imagination and an innovative approach, settings can create enabling and empowering environments. With a little imagination even the most seemingly restrictive of environments can become a magical place for children to cherish and explore. This course gives learners the practical knowledge, activities and inspiration to achieve the impossible in their setting.

This course addresses the following:

- Innovative ideas for OOS
- Low cost and free resources
- Imagination and creativity
- Immersive narratives
- Supporting vulnerable children to thrive

Suitable and adaptable for the following ages/agencies

| 0-5 yrs | Reception | KS1 | KS2 | Out of School | Secondary/ Youth | Parents/ Adopters/ Foster Carers |
|---------|-----------|-----|-----|---------------|------------------|----------------------------------|
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

Duration – Half Day Session
3hrs

Cost for up to 40 learners
£450 + Travel Expenses
Over 40 Learners
£600 + Travel Expenses

Drama, Storytelling and Fun for out of school age children

A riot of fun and magic!

“Such a brilliant morning – the trainer was great ☺ Thanks for such fab time.”

Hayley Raybould, Queniborough Pre School Partnership

This course is a fun, magical journey into the imagination with a wealth of pretending, make believe and drama games to delight children. The course introduces learners to the profound and lasting benefits of dramatic, imaginative and fantasy play and encourages them to join in with a host of practical activities from performance games to storytelling, poetry and dressing up. This training is a riot of fun, colour and magic.

Tutor Experience

The tutor on this course is also a qualified Drama teacher with an Associate Diploma from the London Academy of Music and Dramatic Art.

This course addresses the following:

- Imagination and Creativity
- Divergent thinking and creative problem solving
- Communication, Language, Literacy and Oracy
- Emotional well-being and mental health
- Supporting vulnerable children

Suitable and adaptable for the following ages/agencies

| 0-5 yrs | Reception | KS1 | KS2 | Out of School | Secondary/ Youth | Parents/ Adopters/ Foster Carers |
|---------|-----------|-----|-----|---------------|------------------|----------------------------------|
| | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

Duration – Half Day Session

3hrs

Cost for up to 40 learners

£450 + Travel Expenses

Over 40 Learners

£600 + Travel Expenses

Legacy Courses

Some of our older courses have not made it into the current directory due to constraints on space. We are still happy to deliver these courses though. Just contact us for details

- Giant Cardboard Creations – A vibrant explosion of creativity!
- Fabulous Water Play – Excitement, delight and lots of water (bring a towel)
- Stepping into Management – Practical strategies for new managers
- Working with Refugee Children – Our vulnerable children course specifically tailored for refugee children
- Practical Attachment Theory – Fascinating insights into attachment
- SEND – A common sense approach

Don't see exactly what you need?

Let us design an Inspired training solution for you!

A majority of the training in this booklet has been developed at the request of individual organisations and has been so successful that we have been asked to deliver the training again and again. If you do not see exactly what you need in this booklet please contact us to see what training courses we can design for you. We excel at creating new and inspirational training tailored to meet the needs of individual organisations and relish the opportunity to produce something truly unique. If you work with children in any capacity we can find the right training solution for you.

Costs for training are very simple. A half-day session costs £450 plus travel and a full day costs £800 regardless of whether you have chosen a well-established course or have had a unique course designed from scratch. You can pick and choose elements from any of the listed courses or let us know your particular needs and we will write a training course specifically for you. You can even combine courses from the booklet to create memorable training days for your staff.

In addition to the learning outcomes for our training there are also strong elements of inspiration, team building, leadership and innovation which can lead to positive outcomes for your staff team you had not expected.

If you are in any doubt about the quality of our training please read the feedback left by learners and commissioning agencies or check out the comments on our [website](#).

“Be inspired. Be very inspired. Smiles and laughter from children and staff. Proof positive that Inspired training works.”

(David Godfrey – Headteacher Highgate Primary School)

