

inspired **Children**

Play, Nurturing & Curiosity



Training Directory 2024

Training for Schools

(For Foundation Stage see also EYFS booklet)

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 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

This is the training that I wish I'd had when I was a trainee, I can't change the past for myself but I can change the future for the next crop of teachers and children, which is why we ensure that Ben's training is a part of the training we supply for all our primary trainees.

Phil Page SCITT Hub Leader - Inspiring Leaders Teacher Training.

This is without doubt the best course I have ever attended. I feel privileged to be a part of the course and will implement the principles immediately, This is life changing, thank you.

Estia Georgariou, Whetstone Baptist Church Playgroup



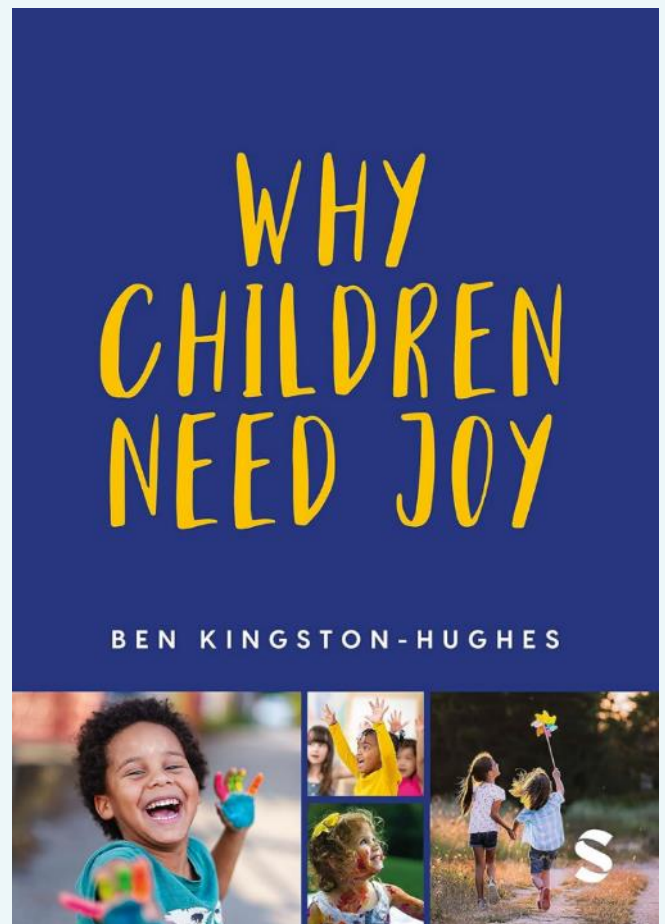
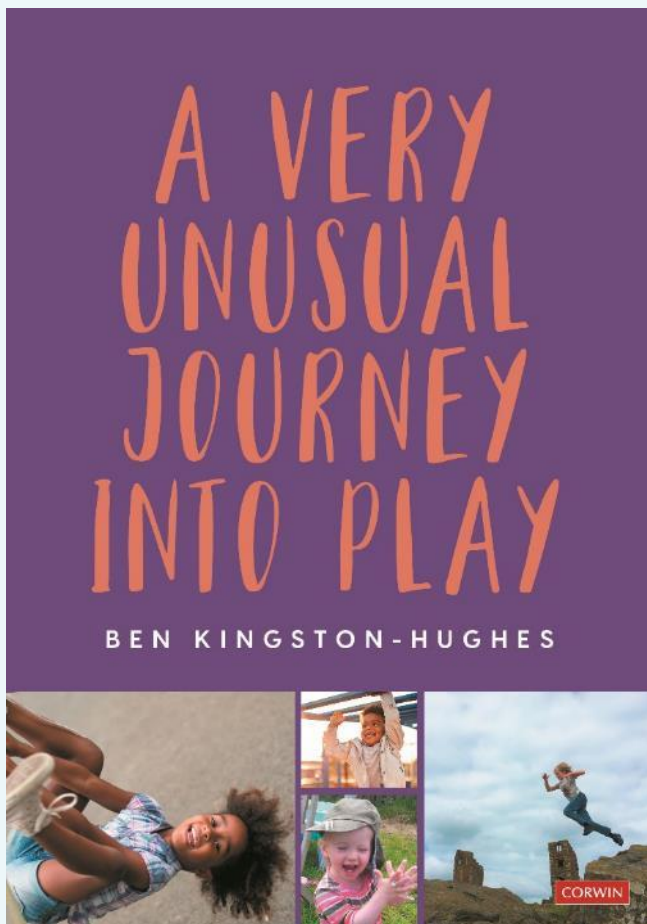
PUBLICATIONS

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_ntf_srch_ink_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.

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. If travel time is excessive then we will charge the full day rate for a half-day session. 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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Inset Day and Staff Meeting Training for Schools

Inspired Children delivers a wide range of training at inset days and as twilight training sessions in schools across the UK as well as delivering keynote speeches at conferences for teachers, headteachers and SENDco's. Subjects include -

- Working with Vulnerable Children and supporting children with school anxiety
- Enriched Environments and the Brain
- Joy, Wonder and Curiosity – How Children Really Learn.
- Positive Behaviour – Positive Children
- Growth Mindsets and Resilience
- Therapeutic Play in the Classroom
- Inspiring Creativity and Divergent Thinking
- Imagination in the Classroom
- Enhanced Interactive Storytelling
- Enriched Physical development for kids who don't like sport
- The Neuroscience of Play
- How Children See Us – Positive adult behaviour
- Drama and performance in the classroom
- Transient Art
- Urban Forest Training – outdoor education when we don't have a forest.

Thank you, it was a privilege to have you here with us. SO much brilliant feedback for your inset day – I will be in touch to book some more!

Kristian Hewitt – Headteacher, The Mary Bassett Lower School

I cannot put into words how amazing the training that you delivered on Friday was, my team were most definitely inspired!

Natalie Smyth, West Grantham Academy – St Johns

In addition many of our courses for EYFS and Out of School have now been adapted for Classroom staff. See the individual descriptions for details. Or let us create a bespoke session to meet the needs of your staff team.

Course costs

Half day (up to 3 hrs) £450 plus travel

Full day (up to 6 hrs) £800 plus travel

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, including academic achievement and brain growth.

This thought-provoking course highlights the fundamental importance of Play to children’s brains, profoundly impacting on their brain growth and health for potentially life-long benefits. The course shows how schools can embed and support play throughout the school day and how this is directly linked to a child’s capacity to learn as well as their emotional well-being and physical health.

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 catastrophic damage that 21st century restrictions are doing to the emotional, cognitive and neurological development of the child. Research repeatedly shows that Play is not an optional extra for childhood but a fundamental building block for every aspect of a child’s journey into adulthood.

With all this in mind the role of the school as an advocate for play is more important than at any time in history. What can we do help children reach their play potential?

Target Audience

This course is suitable for anyone who works with young children

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

Can be delivered as a half day course or a full day inset day. It can also be delivered as a shorter intensive session ideal for staff meetings.

Duration

3hrs (Flexible)
6hrs

Cost

£450 + Travel Expenses
£800 + Travel Expenses

Working with Vulnerable Children

This game 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.

Duration **Cost**
3hrs £450+ Travel Expenses

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
✓	✓	✓	✓	✓	✓	✓

Enriched Environments and the Brain

This fascinating and insightful session looks at stunning new research on how enriched environments, profoundly impact on the neurological development of children. The course unpicks exactly what makes an environment enriched and how we can constantly improve our environments to support our children. The course then looks at compelling new evidence that children's environments are intrinsically linked to brain development and brain health with potentially life-long benefits underpinning every aspect of the curriculum.

The course also looks at the most important aspect of any children's environment – the people in that environment, and shows how positive human interactions can have the most transformative effect on children's brain growth. The course finishes with some incredible new epigenetics research that shows just how essential a positive environment is to the children in our care.

Target Audience

This course is suitable for anyone who works with children

Duration

3hrs

Cost

£450+ Travel Expenses

Suitable and adaptable for the following ages/ agencies

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

Joy, Wonder and Curiosity

How Children really Learn and Develop!

"This course is an absolute revelation and reminds us of why we do this job in the first place – bring on the joy!"

Joyce Knapp – Bucks Learning Trust

In almost every area of development children can be profoundly affected by the level of joy, wonder and curiosity they have about the world around them. This essential course shows how adults can help support these vital and often underrated feelings in the children we work with. The course also demonstrates how we can help rekindle joy and positivity in children who have had their innate joy and wonder eroded by negative adults and restrictive environments. From creating inspiring, enabling environments to promoting positivity through adult behaviour this course is a vibrant celebration of joy and wonder with practical activities designed to help us support our children to have the most positive and magical experience at their school. The course also poses a series of serious questions. How can a child successfully develop communication and language and literacy without a joy of words and stories? How can a child develop physically without a joy of movement and how can a child learn about their world without curiosity and wonder about their environment? The course puts forth a compelling argument that learning can only be truly effective for all children if we understand the vital role of joy, wonder and curiosity.

Target Audience

This course is suitable for anyone working with children who wishes to create positive experiences for their children.

Duration

3hrs

Cost

£450+ Travel Expenses

Appropriate and adaptable for the following ages/agencies

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

Positive Children, Positive Behaviour for Schools

This is an invaluable short course for anyone working with children in school. It promotes a series of strategies and techniques to promote positive behaviour which have been used on projects across the UK in a wide range of environments including some where behaviour has been extremely challenging.

Looking at behaviour from the perspective of the child and unpicking exactly what children are trying to communicate with their behaviour gives us a unique capacity to support the child towards pro-social behaviour. The course examines why a "one size fits all" approach to behaviour, despite its apparent consistency, simply cannot be effective for many of our children. This course then shows how we can tailor our approach to the individual child and support long-term positive behaviour.

Using real-life case studies and concrete strategies for assessing and understanding behaviour this course can transform approaches across the whole school and is an invaluable tool for anyone who feels their current approaches are ineffective or even detrimental to children.

Course Aims

- To promote positive behaviour for children in school
- To highlight a series of practical solutions for dealing with negative behaviour
- To illustrate how to understand the motives and feelings behind behaviour
- To illustrate how to use positive behaviour techniques to extend and improve children's experiences

Duration

3hrs

Cost

£450 + Travel Expenses

Suitable and adaptable for the following ages/ agencies

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

Growth Mind-sets and Resilience

Carol Dweck's theory of Growth and Fixed Mindsets turned everything we understood about supporting learning and development upside down. No longer are our feedback systems, goal setting processes or motivational strategies going to be able to stay the same. The psychological theory of Mindsets explores the development of a growth mindset and how that positively affects children's learning and development both within tasks and for their future health and well-being. This session supports practitioners to develop a healthy approach to learning themselves using reflective techniques to explore the potential fixed elements that can influence their own growth. This understanding is vital as the most powerful tool we have when supporting a move to a growth mindset is modelling. Powerful practitioner's that can understanding and model a growth mindset can and will instil a growth mindset within our children from their earliest years which will enhance long term outcomes for all learning and development. Practitioners will be supported to understand the key elements that can be implement in their daily practice including reviewing their current methods of interaction with the children. The session will guide practitioner how to approach activities and opportunities with the ability to support the child to unlock their potential. Having a growth mindset from the outset will support a child's resilience, protect them from mental health issues and enable them to approach life with motivation and a 'can do' attitude that will help them fly.

Appropriate and adaptable for the following ages/agencies

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

Available as a half day or full day Masterclass course

Duration	Cost
3hrs	£450+ Travel Expenses
6hrs	£800 + Travel Expenses

Inspiring Creativity

This course takes a profound and thought-provoking look at how children acquire creativity and demonstrates how absolutely vital it is for every child to experience vibrant and stimulating creative environments in Schools. Creativity should be on children's own terms following their own interests in their own way through a variety of engaging media. There are no pre-cut templates, no desperately trying to recreate something an adult has made and ultimately failing; just fun and creative ways to engage in pure unadulterated creativity.

The course then looks at some of the stunning neuroscience behind creativity and introduces compelling arguments for a more process focused approach in schools. The course also looks at the mental health benefits of art and the imagination, and how we can use these both developmentally and therapeutically to improve outcomes for the children in our care. The course is thought-provoking, interactive and fun and contains a wide range of practical experiences to engage and delight our children. Most importantly it helps lay the foundation for innovative thinking, problem solving and creativity in our children with potentially life-long benefits.

Aims and Objectives

- *To illustrate the importance of creativity for young children*
- *To explore the neuroscience of creativity and how dangerous restricting this can be.*
- *To demonstrate the value of a "Process Focused" approach working with the child's brain.*
- *To engage in a wide range of practical experiences, both indoor and outdoor, directly appropriate to early years children.*
- *To have fun and be creative*
- *To be Inspired*

Outcomes

Learners will....

- *Have a greater understanding of imagination and creativity supporting every aspect of the curriculum.*
- *Become more familiar with the brain development inherent in the creative expression of children.*
- *Look at problem solving and innovation and how we support our children to become divergent thinkers.*
- *Redefine creativity and what it means to be creative both in our children and ourselves.*
- *Explore the "Process Focused Approach" in and the intrinsic developmental and therapeutic benefits.*
- *Engage in a wide range of innovative practical experiences both indoors and outdoors*
- *Have fun and be inspired*

Duration	Cost
3 hrs	£450 + Travel Expenses
6 hrs	£800 + Travel Expenses

Essential Physical Development

Promoting physical development in children, breaking cycles of inactivity and combating obesity.

"The last comment of the session was 'because the children deserve the best from you'. A brilliant inspirational conclusion to a brilliant inspirational session."

Natalie David, Higham Way

Physical movement does not just develop the physical abilities of a child but creates neural networks underpinning every other aspect of development. This unique course highlights the profound importance of physical movement as a foundation for a broad spectrum of development from communication and language to emotional well-being and healthy brain growth. The course also showcases neurologically rich activities to support children to reach their potential and looks at the catastrophic effect of sedentary childhood behaviours. A significant number of our children do not move sufficiently during childhood and this course shows us how we can engage and inspire those children. Introducing brand new theories and methods combined with a wealth of practical knowledge this thought-provoking course is an invaluable introduction to this vital area of learning.

Includes

- The role of the adult in inspiring movement
- Enabling Environments
- Compound Flexibility
- The process focused approach to movement
- Engaging parents in Physical Activity
- Combating obesity and cycles of inactivity.
- A host of practical games and activities to use in the school
- A touch of superhero play
- And finally a method for increasing physical activity with every age of child that actually works!

Suitable and adaptable for the following ages/ agencies

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

Duration 3hrs **Cost** £450 + Travel

Inspiring Training for Midday Supervisors to Transform School Lunchtimes

“Be inspired. Be very inspired. Smiles and laughter from children and staff. Proof positive that Inspired training works. Inspired put the play back into playtime.”

(David Godfrey – Head teacher Highgate Primary School)



The decline of play at home has meant that play in school lunchtimes has become increasingly crucial for children's mental health and well-being. Play deprivation symptoms such as aggression, poor social skills and anxiety are becoming more common and as play is one of the key criteria for healthy brain development it is vital that children are given time, space and resources to do so.

Benefits to children of improved play at lunchtime

- Cognitive developmental benefits
- Improved self-esteem and resilience
- Improved problem solving and creativity
- Increased levels of physical activity even in children not predisposed towards sport
- Combating play deprivation symptoms (aggression, anxiety, poor communication)
- Combating obesity and sedentary behaviour cycles
- Improved behaviour
- Enhanced academic learning in afternoon lessons
- Less incidents and accidents

“Definitely the most informative and enjoyable training course I have ever attended.”

Sean Bothwell - Lunchtime Supervisor, Kibworth Primary School

The Lunchtime Training Programme

4 unique training sessions to dramatically improve lunchtimes.

There are 4 sessions each between 2 and 3 hours in duration. Schools can purchase any of the sessions individually but it is recommended that session 1 is delivered first as this underpins all the subsequent sessions.

"I have been totally inspired by this training. I enjoy and look forward to every session and have been keen to test out my learning with the children. Lunchtime will never be the same again!"

(Hayley Large, Lunchtime Supervisor – Highgate Primary School)

Session 1 – The vital role of the Midday Supervisor and How Positive Play changes children's lives

This session details the increasing importance of play at lunchtimes and how positive play can underpin a broad range of development in children and support their emotional wellbeing for the whole school day. The training highlights the role of Midday Supervisors in supporting play and gives a series of strategies for improving lunchtimes. Staff teams increase in confidence and recognise the value of their role within the school. The training also introduces inclusive practical activities to use at lunchtimes with children. The session is informal and very easy to access for even the least confident lunchtime supervisors but gives a solid grounding in play with a knowledge equivalent of a level 3 qualification.

Session 2 – Positive Children - Positive Behaviour

In this session we look at the profound impact adult behaviour has on children's behaviour and how positive adults can affect every aspect of a child's emotional well-being. We discuss the behaviour midday supervisors should be exhibiting to support our children to have positive lunchtimes. We then look at approaches to maintaining and supporting positive behaviour through a series of methods and strategies uniquely suited to the lunchtime environment. The course also gives solid approaches to dealing with negative behaviour without risking emotional damage to a child. Staff will gain confidence to support positive behaviour and effectively challenge negative behaviour whilst questioning and understanding how their own behaviour impacts on children at lunchtime. The session also looks at how we can support children to overcome school anxiety.

Session 3 – Making Play more Exciting

Overprotecting children has now been included in definitions of Emotional Abuse on Safeguarding training and is recognised by the HSE as damaging children's development. This practical session looks at what we can do in the lunchtime environment to avoid overprotecting children and at the same time protect our children from injury. The session discusses how adventurous or exciting play can help children develop physical and emotional resilience and is directly linked to positive mental health and a child's ability to cope in the real world. The session then looks at common sense approaches to risk and introduces a dynamic risk assessment procedure for ongoing realistic assessment of danger. The session also looks at the current culture of overtreating insignificant injuries and how we how we can minimise this and still protect ourselves from litigation or parental disapproval. The session also introduces a range of exciting play opportunities for children – all of which are low risk but give children a little bit of their childhood back.

Session 4 – Magical Inclusive Lunchtimes – Imagination, creativity and Divergent Thinking at Lunchtime

This practical session looks at the role of imagination and creativity in the development of children and how we can maximise this unique developmental process at lunchtimes. The session showcases low cost or free resources that can have a dramatic effect on the levels of innovation and creativity at lunchtime and help make lunchtimes a vibrant and exciting time

TRAINING FOR SCHOOL STAFF

for children. We look at the role of the Midday Supervisor in supporting imaginative play and highlight a series of activities to delight our children. The session also looks at inclusive play and

how we make sure disabled children have positive magical lunchtimes with some wonderful inclusive superhero themed games for children. The session finishes with a look at the very real "villains" in a child's life who go out of their way to make a child feel worthless, scared and anxious. Sometimes children need a hero to step up make them feel special despite their behaviour or attitude. Sometimes all it takes is one midday supervisor to be that hero.

Costs - Each session costs **£450 plus travel**.

Extras

Classroom staff sessions

In order to help classroom staff support the lunchtime staff we can deliver a short familiarisation session either at a staff meeting or inset day. This brings class room staff up to speed with the latest developments in play theory and also gives ideas for implementing into curriculum work. This can also be delivered as a full day or half day inset session.

Supervised Lunchtimes

The course tutor can informally observe lunchtimes alongside the lunchtime staff to get a better understanding of the issues facing individual schools. This also demonstrates to lunchtime staff that the tutor is not merely classroom based and is willing to help implement the methods taught. (Free with training sessions)

Parents Training session

This hugely successful session introduces parents to the benefits of play and encourages them to provide more positive play experiences for their children outside the school. Many parents have become more supportive of the school after the training and have made important changes to family life to support their children's play needs. Our parent sessions were a finalist for a nursery World Award in 2015. Parent sessions last between 2 and 3 hours.

Costs

Half-day Inset Day £500 plus travel /Full Day Inset Day £800 plus travel
Parent session £500 plus travel

Does it work?

The feedback from schools has been incredible and schools across the UK have improved outcomes for children as a direct result. See below for a small selection of comments

What an amazing course, enjoyed every part of it

A breath of fresh air – much needed

Loved it – was really inspiring – got the creative juices flowing

Great fun, will make a huge difference with play at lunchtimes and help the children view us as friends not foes!

Interesting to learn about the major benefits of play + lots of ideas to use with the children

A brilliant introduction to why play is so important

Good fun, incorporating lot's of interesting ideas to use at break and lunch times. Thank you!

Fantastic course, looking forward to each week. Great ideas, great help!

Really loved it. Had an amazing day! Loved learning new games.

It all makes so much sense now – can't wait till lunchtime!

I have realised I shout too much and I can actually be a "hero" at lunchtimes

Was nervous before it started now can't wait for each session.

I feel important for the first time in 27 years at the school

For information and testimonials contact info@inspiredchildren.org.uk or visit www.inspiredchildren.org.uk

The Play Champions Programme

Intensive Play Training Course to radically improve Play opportunities for Children

The Play Champions programme is a 5 session intensive training programme designed to embed positive play firmly in the ethos and delivery of the school and to enable the school to advocate for play and promote positive play in its community. The training takes a detailed look at the theories, neuroscience and therapeutic benefits of play and introduces a huge range of experiences that demonstrate these theories and can be used directly with the children in the school. Crucially the course also details how to get the message across to parents and the wider community and how to encourage play in the home with an entire session dedicated to delivering a vibrant parent workshop to engage and educate local parents. The course inspires learners to become proactive and passionate advocates for play with a firm grounding in current research.

Play Champion status is awarded to learners who successfully complete the course and deliver a follow up session for parents of children at their setting. This session can be supported by the tutor if required.

The course has been designed and adapted to meet the needs of a wide variety of settings including special schools, afterschool clubs, nursery settings and childminders and is appropriate for any agency working with children of any age and ability level.

The sessions

1. Introduction - Theories and neuroscience of play, learning whilst playing and the catastrophic effects of Play Deprivation.
2. Play and the Imagination – Play for Communication and Social Development, EAL and building the creative brain. Experiences rather than “activities”
3. Play as a Process - The Process Focused approach, multi-level self-directed play, differentiation adaptation and continuous provision. Play for Physical Development. Finding the balance between adult led and child initiated.
4. Play advocacy – Supporting children to play outside the setting, working with parents and the wider community. The Ludocentric approach in practice.
5. The Play Champions – Techniques for delivering sessions. The Play Audit and assessing play potential within a setting. Micro presentations to group.

Comments from Play Champions

“I can't believe what a difference this course has made to me and the setting I work at. Thank you!”

Lisa Bennett, Holy Trinity Playgroup – Play Champion

“Awesome. I have loved every moment of this course, the ideas and theories and especially sharing enthusiasm with a group of like-minded people.”

Donna Edwards, Mini Explorers – Play Champion

“I feel so much more confident about what I do. I now know why we play and have benefited massively from this. I have recently graduated from my BA(hons) but have learnt more about play in 5 weeks on this course than my whole degree.”

Sammi Gillam, Breedon Preschool – Play Champion

Costs

The course costs £3000 for up to 20 learners. This includes all course materials, certification and endorsement and a play champions medal. This also includes after support for schools and continuing advice and help on play related matters.

Play champion status is endorsed by Inspired Children. Learners will be expected to complete gap tasks and a mini presentation as well as delivering a session for local parents or other settings/ members of the community.

Optional extras

Parent Play Sessions delivered by Inspired Children – based on the hugely successful Parent Play Project these sessions have had a profound effect on children and families and their settings.

£450 per session (plus travel)

Introductory conference style event with keynote and workshops by Inspired Children. This is a great way to promote the play champions programme and showcase the benefits of play to a wider audience.

£450 half day/ £800 full day (plus travel)

Celebration and Award ceremony hosted by Inspired Children – What better way to celebrate the achievement of the Play Champions than to hold a celebration event. Hosted by Inspired children this is a poignant opportunity to highlight the immense changes that Play Champions have instigated in their settings and show how much they are valued.

£450 (plus travel)

Play Champions Special Schools Programme

The Play Champions Special Schools Programme is based on the hugely successful Play Champions programme but adapted to meet the needs of special schools and nurseries. The course is an intensive training programme designed to embed positive play firmly in the ethos and delivery of special schools and other settings working with children with special educational needs and disabilities. The programme enables learners to advocate for play and promote positive play in their schools and wider communities. The training takes a detailed look at the theories, neuroscience and therapeutic benefits of play and introduces a huge range of experiences that demonstrate these theories and can be used directly with children with SEND. Crucially the course also details how to get the message across to parents and carers and the wider community and how to encourage play in the home with an entire session dedicated to delivering a vibrant parent workshop to engage and educate parents/carers. The course inspires learners to become proactive and passionate advocates for play with a firm grounding in current research.

Play Champion status is awarded to learners who successfully complete the course and deliver a follow up session for staff teams or parents of children at their school. This session can be supported by the tutor if required.

Costs

The course costs £3000 for up to 20 learners. This includes all course materials, certification and endorsement and a play champions medal. This also includes after support for schools and continuing advice and help on play related matters.

The Parent Play Project

Supporting Parents to Play more with their Children!

The very simple idea of this session is to help parent and carers understand the value of play so that they will make more time to play with their children. The session is informal and interactive and engages parents through playful experiences and humorous stories whilst sharing some of the latest research on Play. The session raises awareness of the benefits of play and gives parents a range of positive playful ideas to try with their children. The effect on children and families after this training has taken place can be profound and life changing because parents can now see play as not merely frivolous but as a fundamental development process growing children's brains and bodies for



By delivering the course simultaneously to setting staff and parents we also give nursery and school setting staff a solid grounding in the latest research on play and encourage parents to value the work of the school or nursery more. The training has now been delivered in over 100 settings to over 3000 parents and has been a finalist for the Nursery World Parent Award. Parents, setting staff and managers have all been amazed at the outcomes of the training and have without exception recommended these sessions. We receive many emails from parents after the sessions.

"I cannot begin to say how much this training has changed my life. I now have something simple and straightforward I can do with my children to make things better and since the course we have been playing non-stop. We even played out in the rain at the weekend and although I still cringed inside at the mud I kept smiling and I can't remember when we have felt so close as a family. Thank you so much!"

"You have no idea what an impact the training had on us and I could literally write a book listing hundreds of positive changes which have occurred since just by changing our perspective on his "behaviour". So on behalf of me, my husband and my 3 year old son. Thank you!!"

Parents from 2017 Leicestershire Cohort.

Suitable and adaptable for the following ages/agencies

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

Duration

2-3hrs

Cost

£450+ Travel Expenses

Project Play – ONLINE PLAY COURSE FOR PARENTS & CARERS

Play is really important for children. It often looks silly but it is one of the main ways in which children grow their brains. It teaches children about their world and is linked to health, brain growth and even life expectancy. Now more than ever it is vital that children get enough play in their lives.

This unique session helps parents with a wealth of ideas and support for making play as positive as possible for their children. The course also highlights essential new information that every parent should know about play and how to help their children thrive.

The sessions are informal, fun and often humorous but share some really fascinating and useful information. They are delivered by multi award-winning trainer Ben Kingston-Hughes from Inspired Children who has worked with children for over thirty years. He has even been seen on channel 4 working with vulnerable children.

The session was developed in partnership with SSBC an organisation supporting children and families in Nottingham and can be delivered by Zoom or MS Teams

Suitable and adaptable for the following ages/agencies

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

Duration **Cost**
2 hrs £450

Get Playing – Play for Dads and Grandads

Often Dads and Grandads are in a minority on courses for parents so this is a training course specially designed for them. It is based on the Get Playing Course but tailored to fit the needs of dads and grandads and the unique place they have in children's play opportunities. The course is once again practical based with some traditional "dad" activities mixed in with some surprising new activities. The session is fun, humorous and informal allowing Dads and Grandads to relax and genuinely engage with the activities. Taught by a male tutor (and parent) with a wealth of experience working with children of all ages this course can have a profound impact on the relationship between fathers and their children.

Duration **Cost**
3hrs £450 + Travel Expenses

Course requirements

Access to outdoor space is preferred or sufficient space to move around if indoors. Learners should wear clothing suitable for movement.

Positive Children, Positive Behaviour

Behaviour Training for Parents

"Brilliant real life examples – made sense. Trainer made me feel empowered to try techniques. Best training I have attended."

Nursery Worker, Nottingham

This is an invaluable short course for anyone with children. It promotes a series of strategies and techniques to promote positive behaviour and helps parents and carers 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 parents and carers 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 parents and the family as a whole.

Course Aims

- To promote positive behaviour for children
- 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 parents to spend less time on maintaining behaviour and more on having fun.

This course meets the following:

- **EYFS areas of learning and development** – Personal, Social and Emotional Development, Communication and Language
- **Characteristics of Effective Learning** – Playing and Exploring, Active Learning, Creating and Thinking Critically.

Duration

3hrs

Cost

£450 + Travel Expenses

Suitable and adaptable for the following ages/ agencies

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

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)

The logo for Inspired Children features a large red lowercase 'i' followed by the word 'inspired' in blue lowercase letters and 'Children' in blue uppercase letters. Below this, the tagline 'Play, Nurturing & Curiosity' is written in a red, serif font. The background of the entire page is a faded image of a young girl in a pink shirt and striped skirt jumping joyfully in a garden with pink blossoms.

**inspired
Children**
Play, Nurturing & Curiosity