





# WHAT MAKES INSPIRED CHILDREN SPECIAL?

- Multi Award-winning training with over 23,000 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 now delivered unique, exceptional training to over 23,000 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!

*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*

*It was absolutely fantastic, by far the best and most worthwhile training I've ever been on in my 30 year career working with children. Ben was truly inspirational!*

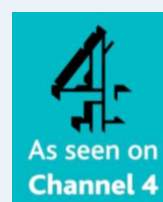
*Cat Baker, Paint Pots Nursery*

*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*

*We were inspected last week and received outstanding at our nursery!! Your training was mentioned over and over and it is even mentioned in the actual report! Thank you so much!*

*Becky Pike – Partner, Hollies Day Nurseries Nottingham*



\*Image Nannycon 2024

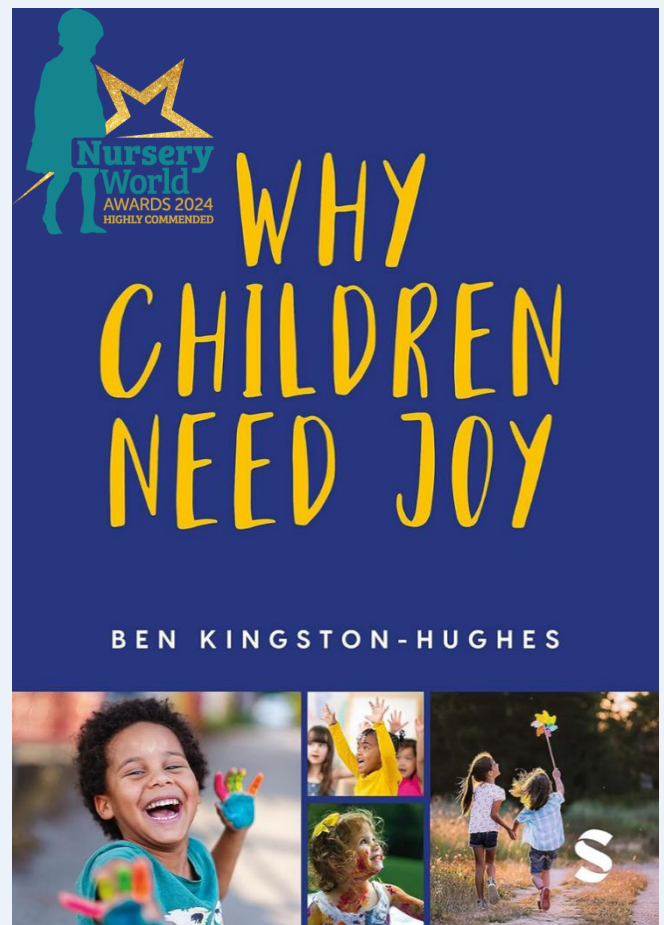
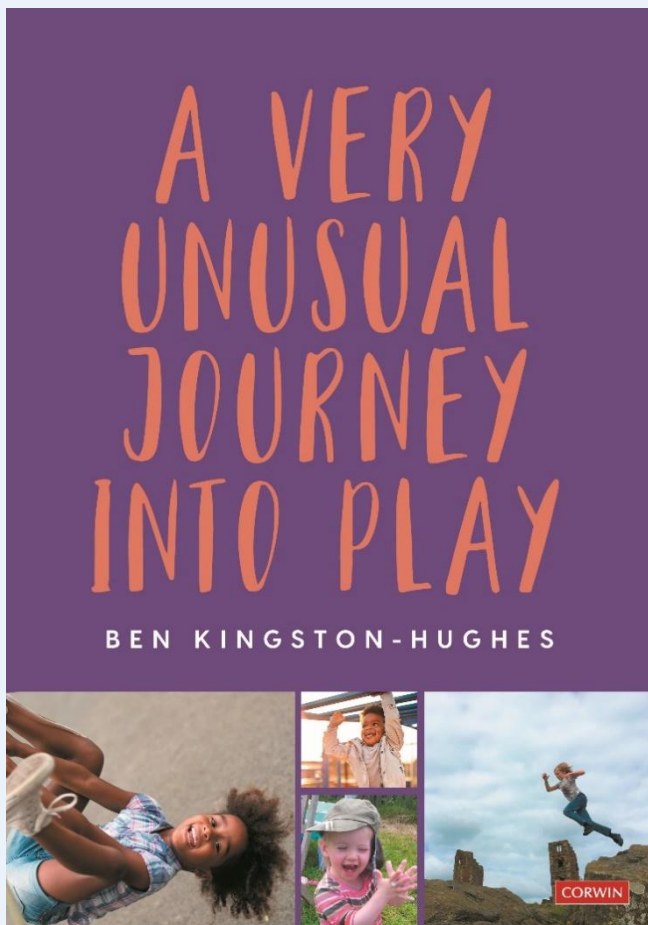
# PUBLICATIONS

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 was a finalist for a Nursery World Award for Professional book of the year where it was awarded "Highly Commended".



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](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 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 £475 plus travel per course for a half day or £850 plus travel per course for a full day for up to 40 learners. For larger groups the cost is £650 for a half day and £950 for a full day. If the journey time is over 4 hrs in total, then we may charge the higher rate for a half day course (£650) and in some cases for very long journeys (over 6 hrs travel) will need to charge the full day rate even if the course is a half day. It is also helpful for our trainer to have a hotel for the night before when there is a long journey and this is usually around £80.

## 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 trainer's 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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## The Power of Play

**The profound importance of play from neuroscience to emotional well-being and even life expectancy.**

This course looks at the fundamental neuroscience of play and how we can use this knowledge to help children emotionally reset, build resilience and promote positive mental health. The course looks at why children play and exactly what is happening in their brains when they do. It shows how positive play can have the most profound effect on a child's emotional wellbeing and can help children to overcome emotional obstacles and develop confidence and self-esteem. The course also demonstrates how we can use play to help develop secure attachments with the children in our care especially if those children are struggling. The course is intensely thought provoking, combining up to date neuroscience and biochemistry with therapeutic play techniques to create a unique toolkit for helping not just vulnerable children but all children in our care.

*"It was absolutely fantastic, by far the best and most worthwhile training I've ever been on in my 30 year career working with children. Ben was truly inspirational."*

**Cat Baker, Paint Pots Nursery**

**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
- EYFS areas of learning and development – Personal, social and emotional development, Physical Development, Communication and language, Understanding the world, Expressive arts and Design.
- Characteristics of Effective Learning – Playing and Exploring, Active Learning, Creating and Thinking Critically.
- Play Types – Fantasy Play, Socio-dramatic play, Imaginative Play, Role Play, Creative Play, Dramatic Play, Communication Play, Locomotor Play, Deep Play, Rough and Tumble 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**

**3hrs Face-to-Face**

**2 - 2½ hrs Online**

### **Cost for up to 40 learners**

**£475 + Travel Expenses**

**Over 40 Learners**

**£650 + Travel Expenses**

## Loose Parts Play and Open-ended Resources

This is the absolutely definitive course on Loose parts play from the leading national play specialists. This course is a unique exploration of the theories and practical applications of loose parts theory. 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 development and highlights the fascinating new research behind these wonderful resources. Focusing on the characteristics of effective learning and the underlying neuroscience of learning 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!

*"Brilliant! Really great training and very thought provoking."*

**Hannah Grace – Buckinghamshire Pre-school Playgroup**

### This course addresses the following:

- Divergent Thinking and Creative Problem Solving
- Imagination and Creativity
- Combatting Play Deprivation and lifelong health and well-being
- Healthy Brain Growth and Development
- EYFS areas of learning and development – Personal, social and emotional development, Physical Development, Understanding the world, Expressive arts and Design.
- Characteristics of Effective Learning – Playing and Exploring, Active Learning, Creating and Thinking Critically.
- Play Types – Fantasy Play, Socio-dramatic play, Imaginative Play, Role Play, Creative Play, Mastery Play, Locomotor Play, Deep Play, Rough and Tumble 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

**3hrs Face-to-Face**

**2 - 2½ hrs Online**

### Cost for up to 40 learners

**£475 + Travel Expenses**

### Over 40 Learners

**£650 + Travel Expenses**



## The Parent Play Project

### Supporting Children to Play more at home

The very simple idea of this session is to help parents 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 can be truly transformative because parents now see play as not merely frivolous but as a fundamental development process intrinsically linked to life-long health, emotional well-being and brain growth.

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 numerous 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!"*

*"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 Leicestershire Settings (Names withheld for confidentiality)**

### 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 Face-to-Face**  
**2 - 2½ hrs Online**

#### Cost for up to 40 learners

**£475 + Travel Expenses**  
**Over 40 Learners**  
**£650 + 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 practical 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. The course also explores 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.

*"Very enjoyable session. I can see how passionate the trainer was. Really enjoyed course. All interesting and brilliantly delivered by trainer."*

**Danni Turner – King Edward Day Nursery**

#### This course addresses the following:

- EYFS areas of learning and development – Personal, social and emotional development, Communication and language, Understanding the world, Expressive arts and Design.
- Characteristics of Effective Learning – Playing and Exploring, Active Learning, Creating and Thinking Critically.
- Play Types – Fantasy Play, Imaginative Play, Role Play, Creative Play, Dramatic Play, Communication Play
- Healthy Brain Growth
- Divergent Thinking and Creative Problem Solving

#### 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 Face-to-Face**

**2 - 2½ hrs Online**

#### Cost for up to 40 learners

**£475 + Travel Expenses**

**Over 40 Learners**

**£650 + Travel Expenses**

## Outdoor Play

### Using the Outdoor Environment

This extremely popular course gives learners the inspiration and ideas they need to make outdoor play at their setting truly magical. This course showcases a series of imaginative activities and techniques to maximise the outdoor environment and to get children outdoors as often as possible. The course highlights the chilling research into the damage that a predominantly indoor childhood causes to our children and what we can do to combat this. This course is a fun and inspiring way to give learners the confidence to deliver outdoor play, whatever the weather and give a whole host of new ideas to take back to their settings. It also demonstrates clear links to how Outdoor Play supports neurological development, resilience, mental health and every aspect of the EYFS and can be implemented in even the most limited of outdoor environments. You don't need a forest to get children loving outdoors!

*"Absolutely fantastic course, fun, exciting and hands on. Tutor was fab and motivated the whole group."* - **Jo Mugglestone – Nanny, Leicestershire**

### This course addresses the following:

- EYFS areas of learning and development – ALL!
- Enriched Environments
- Healthy Brain Growth
- Characteristics of Effective Learning – ALL!
- Play Types – Deep Play, Mastery Play, Locomotor Play, Creative Play, Recapitulative Play
- NHS recommendations for Health & Wellbeing
- World Health Organisation recommendations for healthy 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

**3hrs Face-to-Face**

**2 - 2½ hrs Online**

### Cost for up to 40 learners

**£475 + Travel Expenses**

### Over 40 Learners

**£650 + Travel Expenses**



## Essential Risk and Challenge

### Adventurous Play for early Years

This vital and transformative course illustrates why it is vital for children's wellbeing that they experience adventurous play and risk and challenge in their environments. The session explores the profound importance of this type of play and why it is absolutely essential that support children to experience excitement and adventure in their lives. The session demonstrates a common-sense point of reference for assessing and facilitating play without knee-jerk reactions to seemingly dangerous activities. 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 also delves into the fascinating new neuroscience of just why children need adventurous play and how catastrophic it can be to over protect them.

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 without risking serious injury or litigation. It gives realistic common-sense strategies for managing risk, without overprotecting, and transparent approaches to assessing danger. We also provide standard letters to send to parents explaining the current HSE position on risk and how the occasional bump and bruise are vital for a child's development and resilience.

*"I can't wait to get back to work and try this stuff – and that's the first time I've ever said that after a training course!"* (Early years worker, Lincolnshire)

#### This course addresses the following:

- EYFS areas of learning and development – Personal, Social and Emotional Development, Communication and Language, Understanding the World
- Characteristics of Effective Learning – All
- Play Types – Deep Play, Mastery Play, Locomotor Play.
- HSE recommendations on Risk Benefit Analysis
- Mental Health and Resilience

#### 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 Face-to-Face

2 - 2½ hrs Online

#### Cost for up to 40 learners

£475 + Travel Expenses

Over 40 Learners

£650 + Travel Expenses

## Boisterous Play for Under 5's

### Rough and tumble without the tears for boys AND girls!

Children are constantly told not to be so rough and yet by restricting this kind of play we are in danger of restricting their physical development and resilience. Boisterous Play is not negative behaviour but a vital way in which children test, explore and ultimately learn their own physical abilities. We have all worked with a child who doesn't seem to know their own strength and can often inadvertently hurt other children (and staff). Rather than restricting this child from boisterous play current research now tells us that this child needs more boisterous play as it is one of the key mechanisms for developing awareness of physicality in the first place. Boisterous is important for developing balance, proprioception and vestibular senses is an essential developmental process that we restrict at our peril. 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.

*"It has made me look into my job role a lot more and has helped me realise that I can do such a lot more than what I already do."*

**Sadie Reynolds, Limetree Day Nursery**

### This course addresses the following:

- EYFS areas of learning and development – Physical Development, Understanding the World, Personal, Social and Emotional Development.
- Characteristics of Effective Learning – Playing and Exploring, Active Learning
- Play Types – Rough and Tumble, Deep Play, Mastery Play, Locomotor Play
- Resilience and Mental Health
- Physical Development, Vestibular and Proprioceptive senses
- Pro-social 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

**3hrs Face-to-Face**

**2 - 2½ hrs Online**

### Cost for up to 40 learners

**£475 + Travel Expenses**

### Over 40 Learners

**£650 + Travel Expenses**

## Positive Play for Early Years

**Being a play partner and moving from supervising children to taking their play forward.**

Leading Play specialist Ben Kingston-Hughes presents the definitive course on Play for the Early Years sector. Play is the single most important developmental process in any child's life. This course outlines some of the fascinating theories behind the magic of play and introduces learners to a wealth of games and experiences designed to embed positive play for children. The course details exactly what we need to be doing as practitioners to support and extend play and shows how positive adult interactions can create magical play opportunities for all of our children. More and more emphasis is being placed on self-directed and child-led play in nursery settings and this course is vital for settings wishing to understand these concepts and then push the boundaries of play for their children to simply make play even better.

*Thank you again for a wonderful training session on Saturday. The staff are buzzing about it. I have also been watching my pre-school team playing the river game this morning with their children, and the 2-3's group have made a den in their garden.*

**Claire Campbell, Nursery Manager – Child First Aylesbury**

**This course addresses the following:**

- EYFS areas of learning and development – Personal, social and emotional development, Communication and language, Physical Development, Understanding the world, Expressive arts and Design.
- Characteristics of Effective Learning – Playing and Exploring, Active Learning, Creating and Thinking Critically.
- Play Types – Fantasy Play, Imaginative Play, Role Play, Creative Play, Dramatic Play, Communication Play, Locomotor Play, Rough and Tumble Play.
- UN Convention on the Rights of a Child - Article 31
- Combatting the effects of Play Deprivation, ESS and Nature Deficit Disorder
- Physical development and healthy brain growth
- Emotional well-being and mental health

**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 Face-to-Face**

**2 - 2½ hrs Online**

### **Cost for up to 40 learners**

**£475 + Travel Expenses**

**Over 40 Learners**

**£650 + Travel Expenses**



## Messy Mayhem makers and Sensory Seekers!

### How Messy and Sensory Play Supports brain Development

This hands-on session will engage your inner child from the get-go; bringing them back out of hibernation and opening your world to those exciting multisensory experiences that all young minds crave! Together we will explore how tantalizing and enriching experiences can truly inspire heightened engagement, expressive communication skills and amazingly rich joint experiences amongst our children.

The course dives into the fascinating neuroscience of messy and sensory play and shows how powerful these experiences can be in developing children's brains to fundamentally understand the world around them.

The course also explores how this approach can help bridge the gaps in knowledge and communication that have been created since the pandemic and bring us back to learning through good old fashioned mess. This course helps reflect on how play has changed in recent years and how a multisensory approach to learning supports building schemas for positive approaches to lifelong learning. This session is vibrant, practical and a unique celebration of messy play!

#### This course addresses the following:

- EYFS areas of learning and development – All
- Characteristics of Effective Learning – All
- Healthy Neurological Development
- Enhanced Learning
- Creating enriched children's environments
- Practical Examples
- Practical neuroscience
- Joyful Approaches to Education

#### 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 Face-to-Face

2 - 2½ hrs Online

#### Cost for up to 40 learners

£475 + Travel Expenses

Over 40 Learners

£650 + Travel Expenses

#### Duration – Full Day Session

6hrs Face-to Face

5hrs Online

#### Cost for up to 40 learners

£850 + Travel Expenses

Over 40 Learners

£950 + Travel Expenses

## Positive Children, Positive Behaviour

This is an essential course for anyone working with young children. The course helps us to understand what children are trying to communicate with their behaviour so that we can better guide them towards pro-social behaviour and ultimately help them thrive. The key to early years behaviour is to accurately assess what our children need and then support and guide them through that process. The course explores why traditional behaviour methods do not work with young children and gives a firm grounding in the neuroscience of behaviour to better understand even the most unusual of behaviour patterns.

The course also details how children “learn” behaviour in the first place and explores how our adult behaviour directly impacts on the behaviour of our young children. The course also shows that sometimes the best way to support positive behaviour in our children is to change our own behaviour. This course can be a real game changer as it gives unique insights into children's behaviour which can really help practitioners especially if they feel like they are struggling. The course is insightful, entertaining and informative and helps practitioners to navigate and reframe the behaviour of their children.

*Brilliant real-life examples – made sense. Trainer made me feel empowered to try techniques. This is the best training I have attended.*

**Nursery Worker, Nottingham**

**This course addresses the following:**

- EYFS areas of learning and development – Personal, Social and Emotional Development, Communication and Language.
- Emotional well-being and mental health
- Positive Behaviour strategies
- Supporting vulnerable children
- Self-regulation and co-regulation

**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 Face-to-Face**

**2 - 2½ hrs Online**

### **Cost for up to 40 learners**

**£475 + Travel Expenses**

**Over 40 Learners**

**£650 + Travel Expenses**

### **Duration – Full Day Session**

**6hrs Face-to-face**

**5hrs Online**

### **Cost for up to 40 learners**

**£850 + Travel Expenses**

**Over 40 Learners**

**£950 + Travel Expenses**

## Understanding Behaviour – A Parent's Guide

This essential short course helps parents to fundamentally understand their children's behaviour which better enables them to identify and meet their children's behaviour needs. The course explores the often-challenging subject of behaviour in a way that is easily accessible and instantly applies to our children. The course then promotes a series of positive strategies for guiding and supporting our children to make pro-social choices based on current research and real-life experiences of working with children. 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 addresses the following:

- Promoting Parental Engagement
- EYFS areas of learning and development – Personal, Social and Emotional Development, Communication and Language.
- Emotional well-being and mental health
- Positive Behaviour strategies
- Supporting vulnerable children
- Self-regulation and co-regulation

### Suitable and adaptable for parents 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

**2hrs Face-to-Face**

**1 – 1½ hrs Online**

### Cost for up to 40 learners

**£475 + Travel Expenses**

### Over 40 Learners

**£650 + 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.

*"I think everyone in a 0-5yrs setting should be trained by Inspired Children – The world would be a happier place. Thank you!"*

**G Roberts – Little Chalfont Primary School**

### This course addresses the following:

- EYFS areas of learning and development – Personal, Social and Emotional Development, Communication and Language.
- Emotional well-being and mental health
- Positive Behaviour strategies
- Supporting vulnerable children
- Self-regulation and co-regulation

### 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 Face-to-Face

2 - 2½ hrs Online

### Cost for up to 40 learners

£475 + Travel Expenses

### Over 40 Learners

£650 + Travel Expenses

## Understanding SEND

### A Common-Sense Approach

This insightful course explores special educational needs and disabilities in our children. The course unpicks elements of working with SEND that are instantly applicable to the children in our care and enables learners to create inclusive and supportive environments for all of their children to thrive. Highlighting pitfalls and dispelling myths this course is an essential introduction to this fascinating subject and gives concrete methods for improving outcomes for all of our children.

The course promotes a common-sense approach to working with SEND which focuses on individual children and their needs and how we support our children to thrive. The course also explores how a fundamental understanding of our children's needs can better prepare settings to accommodate, adapt and include their children.

#### This course addresses the following:

- EYFS areas of learning and development – Personal, Social and Emotional Development
- Equality Act 2010
- Social Model of Disability
- Emotional well-being and mental health
- Positive Behaviour strategies
- Supporting vulnerable children
- 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 Face-to-Face

2 - 2½ hrs Online

#### Cost for up to 40 learners

£475 + Travel Expenses

#### Over 40 Learners

£650 + Travel Expenses

## Practical Attachment Theory

Everyone wants to have successful, supportive and loving relationships and our children are no different. However, this is a skill we need to learn and that begins with our first relationships. Building effective and secure relationships with your children is fundamental to creating the social, emotional and neurological processes they will use to build all future relationships. This practical course looks at the latest theories of attachment and how we can directly apply these to support our children to develop secure and healthy relationships. This course enables learners to see the world from the perspective of their children, exploring the influences affecting the safety and security they feel within social interactions and relationships. While many courses will tell you the importance of attachment theory, this course explains how small changes in your practice and in the design of your provision can create a lifetime of difference for a child. The course also shows the stages a child with insecure attachments must go through to form positive bonds with an adult carer.

It is all very well knowing the theory but this course shows us what we can do with that theory to improve outcomes for our children. This is the course on Attachment Theory that people who work with children really need. Developed and delivered by leading national specialists in working with vulnerable children this course helps us to directly support the children in our care to make those all-important secure attachments providing benefits that will last a lifetime. This course is thought provoking, insightful and will have a profound impact on you and the children in your care. All it takes is one person to understand and offer genuine connection and this is the purpose of the course – to help practitioners be that person.

### This course addresses the following:

- EYFS areas of learning and development – Personal, Social and Emotional Development
- Attachment Theory
- Emotional well-being and mental health
- Positive Behaviour strategies
- Supporting vulnerable children
- The adult's role
- Self-regulation and co-regulation

### 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 Face-to-Face

2 - 2½ hrs Online

### Cost for up to 40 learners

£475 + Travel Expenses

Over 40 Learners

£650 + Travel Expenses



## Capable, Confident and Ready for Life

### Essential School Readiness Training

Many children in the UK are facing a crisis of low self-esteem, low confidence and poor resilience. For some children the pressures of the modern primary school are becoming a real problem and they are struggling to cope. This essential course helps Early Years settings to prepare young children to be resilient, confident and be truly “ready for school”. This is a thought provoking look at the issues facing modern children in their transition to school and a wide range of activities and strategies designed to build confidence and encourage self-reliance and resilience. Practical and imaginative but with a core of insightful ideas for helping children this course is an invaluable tool for anyone wishing to prepare their young children for school and life beyond.

#### This course addresses the following:

- EYFS areas of learning and development – Personal, Social and Emotional Development, Communication and Language.
- Emotional well-being and mental health
- Positive Behaviour strategies
- Supporting vulnerable children
- Self-regulation and co-regulation

#### 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 Face-to-Face

2 - 2½ hrs Online

#### Cost for up to 40 learners

£475 + Travel Expenses

#### Over 40 Learners

£650 + Travel Expenses

## 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 understand 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.

### This course addresses the following:

- EYFS areas of learning and development – Personal, Social and Emotional Development, Communication and Language.
- Emotional well-being and mental health
- Supporting vulnerable children
- Life long learning
- School readiness

### 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 Face-to-Face

2 - 2½ hrs Online

### Cost for up to 40 learners

£475 + Travel Expenses

### Over 40 Learners

£650 + Travel Expenses

## Self-Regulation and Co-Regulation

### Developing Emotional Regulation and a Positive Sense of Self

During childhood, we develop our understanding of who we are, what we believe and how the world around us works. This journey is complex, challenging, ongoing and will form the way we feel about ourselves, the world, and every experience we have. The importance of understanding and effectively supporting this journey cannot be overstated.

This course will focus on how we develop our fundamental ability to understand and manage emotions and make behavioural choices. While the neurological circuitry for self-regulation is not fully formed until 26 years old, the process starts from birth and the interactions a child has before the age of five will direct all further development.

This session is not about teaching obedience or self-control but about understanding our role in forming the basic neurological architecture that will enable the child to understand and regulate their own responses to the world for the rest of their lives.

A positive sense of self and effective regulatory strategies will underpin our children's personal, emotional, and social success and prepare to effectively engage with future challenges including transitioning to school. This course will show you how these skills underpin life-long mental health and emotional well-being and help you to understand your role in building strong and robust neurological circuitry. Many emotional, behavioural and social challenges are rooted in our earliest experiences. The course can help you understand how to make those experiences protective and proactive. The theoretical insights and practical strategies you gain from the session will ensure all your children get the best possible start in life.

#### This course addresses the following:

- EYFS areas of learning and development – Personal, Social and Emotional Development,
- Emotional well-being and mental health
- Self-regulation and co-regulation
- School readiness

#### 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 Face-to-Face

2 - 2½ hrs Online

#### Duration – Full Day Session

6hrs Face-to-Face

5 hrs Online

#### Cost for up to 40 learners

£475 + Travel Expenses

#### Over 40 Learners

£650 + Travel Expenses

#### Cost for up to 40 learners

£850 + Travel Expenses

#### Over 40 Learners

£950 + Travel Expenses

## Joy, Wonder and Curiosity

### How Children really Learn and Develop

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 insightful 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 staff 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 setting. The course also poses a series of serious questions. How can a child successfully develop communication and language without a joy of words and noises? How can a child develop physically without a joy of movement and how can a child learn about the world without curiosity and wonder about their environment?

*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**

### This course addresses the following:

- EYFS areas of learning and development – All
- Emotional well-being and mental health
- Supporting vulnerable children
- Creative problem solving
- Enriched environments
- Brain growth
- Life readiness

### 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 Face-to-Face**

**2 - 2½ hrs Online**

### Cost for up to 40 learners

**£475 + Travel Expenses**

**Over 40 Learners**

**£650 + Travel Expenses**

## Working with Neurodiversity – Seeing the world from a new perspective

This brand new course explores neurodiversity in our children and gives a wealth of information to support settings to help our neurodivergent children to thrive. Focusing on what is truly important about neurodiversity – the children themselves, this course unpicks how we can change our own environments and our practice rather than trying to force the child to change. The course explores how we can begin to see the world through the eyes of a neurodivergent child and better understand their needs.

The course gives a broad understanding of neurodivergent diagnoses such as Attention Deficit Hyperactivity Disorder and Autism Spectrum Disorder and gives information on what we can expect to see in our children in terms of their behaviour and needs. Crucially though, this course is not about diagnoses but about children. The course proposes that settings re-imagine childhood through their inclusive environments and supportive nurturing staff, to make sure all of our wonderful neurodivergent children can soar.

### This course addresses the following:

- EYFS areas of learning and development – All
- Emotional well-being and mental health
- Supporting vulnerable children
- Creative problem solving
- Enriched environments
- Brain growth
- Life readiness

### 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 Face-to-Face

2 - 2½ hrs Online

### Cost for up to 40 learners

£475 + Travel Expenses

### Over 40 Learners

£650 + Travel Expenses



## Empathy and the Brain

### Exploring Emotions in Early Childhood

This essential new course takes a fascinating look into how we develop empathy and what absolutely MUST happen in early years (and beyond) to ensure our children grow up to be able to understand and communicate their feelings and have empathy for each other and the wider world around them. The course highlights ground-breaking new research into the brain, clearly showing how important it is that every one of our children has the appropriate emotional and physical environment to be socially aware and caring human beings. The course highlights what we can do to promote the development of key areas of the brain in our children and gives a range of strategies and practical experiences to help our children thrive. The course also touches on some of the potential difficulties that boys in particular may experience due to external influences and role models who may undermine the process of developing this vital social function. This thought-provoking course can have a deep and lasting influence on practice helping practitioners be the best they can for their children.

#### This course addresses the following:

- EYFS areas of learning and development – Personal, Social and Emotional Development, Communication and Language.
- Emotional well-being and mental health
- Supporting vulnerable children
- Self-regulation and co-regulation
- Pro-social Behaviour
- Understanding Emotions
- Affective Neuroscience
- Life readiness

#### 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 Face-to-Face

2 - 2½ hrs Online

#### Cost for up to 40 learners

£475 + Travel Expenses

Over 40 Learners

£650 + Travel Expenses

## Nutrition - The Missing Link!

In a hectic world where life feels like a constant rollercoaster, this utterly fascinating course will explain what nutrition means and why we need to consider it now. We will explore what food is. If it comes in a packet, is it good for us? What is a whole food? Does sugar really affect mood and energy? Why the mid-afternoon slump? Can carrots really make you see in the dark? Why do we get sick when we take a week off? Is breakfast really the most important meal of the day? What if nutrition could be fun? What if it made the difference between feeling healthy or feeling great! What if it could make your whole family jump out of bed and feel good!

Imagine a world where food is your medicine, and medicine is your food. You are what you absorb! From the moment we are born, our amazing bodies are impacted by what we breathe, eat, drink and put on our skin. What if you're stressed, exhausted, unable to focus, and then you have to deal with children who are full of energy? How does nutrition impact on neurodiverse children? This course puts forth a compelling argument that the right nutrition can make a world of difference.

Nutrition is the missing link, between coping and excelling, procrastination and motivation, struggling and winning! It can make the leap from brain fog to focus, from anxiety to calm, from confusion to understanding, from mediocre to excellence.

This overview of food and nutrition will aim to captivate and motivate you to take easy steps for outstanding results. Let us help you to improve the health and wellbeing, vitality and success of both you and the children in your care. Nutrition is your key to success.

### This course addresses the following:

- EYFS areas of learning and development – All
- Emotional well-being and mental health
- Supporting vulnerable children
- Physical health
- Brain growth
- Life readiness

### 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 Face-to-Face

2 - 2½ hrs Online

### Cost for up to 40 learners

£475 + Travel Expenses

Over 40 Learners

£650 + Travel Expenses

## Intent, Implementation and Impact – What are Ofsted expecting?

We are surrounded by courses and coaching to 'get through Ofsted' but what if we understood what they actually wanted and could engage with Ofsted Inspections feeling confident and articulate? This course will help you to understand how to create a cohesive approach your intent, implementation and impact and how to showcase your setting.

Ofsted inspections are often feared and can be stressful for management and staff alike. This course details how to prepare your team by developing a genuine understanding of both the 3i's and being able to explain how your provision clearly meets your children's needs.

During the course, we will help you to understand the framework of the day and highlight strategies for creating a positive experience, identifying key moments to evidence your strengths and designing opportunities to enable your practitioners to shine. The course is based on years of experience both supporting and managing projects that were subject to Ofsted Inspections. To date – every setting that has had this training has subsequently passed their inspection!

### This course addresses the following:

- EYFS areas of learning and development – All
- The Characteristics of Effective Learning
- Ofsted Inspection framework
- Planning for amazing experiences for children
- 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 Face-to-Face

2 - 2½ hrs Online

### Cost for up to 40 learners

£475 + Travel Expenses

### Over 40 Learners

£650 + Travel Expenses

## Effective Supervision

Supervision is the key to effective motivated teams ultimately leading to better outcomes for the children in our care. Not supervision as it is often viewed, where it has become a combination of group hug mixed with an appraisal done merely to placate Ofsted and meet regulatory requirements. This course looks at supervision as it should be. A theoretically based approach to case management, continuous professional development and emotional support. This is supervision your practitioners will be pestering you for and will depart from as motivated, reflective and capable practitioners, ready to better outcomes for your children.

This session is designed to help supervisors understand the techniques that enable effective listening and empathetic responses that are both respectful and nurturing. We also explore the need to hold strong professional and personal boundaries that help supervision be specifically focused on the supervised. While supervision must be an individual and uniquely tailored experience, our trainer has 20 years experience within the supervisory system and can help guide the creation of a supervision process that meets the needs of your setting. This essential training is a highly motivating and practical introduction into how to make the most of supervision and how to effectively use it to have the practitioner team you always wanted!

### This course addresses the following:

- EYFS areas of learning and development – All
- Emotional well-being and mental health
- Positivity in the workplace
- Effective Teamwork
- Staff relationships
- Effective Modelling
- Good Management Practice

### 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 Face-to-Face

2 - 2½ hrs Online

### Cost for up to 40 learners

£475 + Travel Expenses

Over 40 Learners

£650 + Travel Expenses

## Working with Babies

This practical course is an essential introduction to anyone working with babies designed and delivered by people who actually work with babies. The course details the changes the brain goes through in the first two years of a child's life and the importance of physical exploration, sensory input and fundamental nurturing for babies and young children. The course also explores how modern life has made the experience of babies a more sedentary one and how we can combat this, develop exciting and fun activities and get parents involved. The course combines insights into brain development with hands on activities to create a "tummy time" extravaganza for your setting.

*How completely refreshing – not what I expected at all. I have learnt more on this course than any other I have ever attended and I feel valued and proud to be a baby room leader!*

**Hope Manson – Room leader, Hertfordshire**

### This course addresses the following:

- EYFS areas of learning and development – All
- Emotional well-being and mental health
- Effective Modelling
- Characteristics of Effective Learning
- Positive Neurological Development
- Neuroscience of early childhood
- Practical methods for working with babies

### 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 a half day or full day course**

#### Duration – Half Day Session

3hrs Face-to-Face

2 - 2½ hrs Online

#### Cost for up to 40 learners

£475 + Travel Expenses

#### Over 40 Learners

£650 + Travel Expenses

#### Duration – Full Day Session

6hrs Face-to-Face

5hrs Online

#### Cost for up to 40 learners

£850 + Travel Expenses

#### Over 40 Learners

£950 + Travel Expenses



## Terrific Twos - Successful working with 2yr olds

This is the definitive course on working with this incredible age group. This course outlines some of the challenges and opportunities of working with your terrific twos. It highlights techniques for engaging children and showcases a series of activities designed for 2yr olds to help with their physical, mental, social and emotional development. The course also includes key elements of brain development that are essential to children of this age. The course is humorous, insightful and practical and a must for anyone working with this age group.

*This course was a real eye opener, can't wait to get back to work and bring some joy to my 2yr olds.* **Amanda Entwistle Bucks Learning Trust**

**Note - this training is also very valuable for parents of 2yr olds and can be delivered as a joint parent/setting staff session.**

**This course addresses the following:**

- EYFS areas of learning and development – Personal, social and emotional development, Physical Development, Communication and language, Understanding the world, Expressive arts and Design.
- Characteristics of Effective Learning – Playing and Exploring, Active Learning, Creating and Thinking Critically.
- Play Types – Fantasy Play, Imaginative Play, Role Play, Creative Play, Dramatic Play, Communication Play, Locomotor Play, Deep Play.
- Enriched Environments
- Neuroscience of Early Childhood
- Practical Ideas to use with 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 Face-to-Face**

**2 - 2½ hrs Online**

**Cost for up to 40 learners**

**£475 + Travel Expenses**

**Over 40 Learners**

**£650 + Travel Expenses**

## Navigating Gender in Early Years – Supporting Boys and Girls to Thrive

This insightful course explores gender in a way that is both thought-provoking and instantly applicable to the children in our care. The course investigates the neuroscience and biology of gender and unpicks the problems and pitfalls inherent in this potentially thorny subject. We now know exactly what experiences every single child needs to thrive and to grow into a pro-social human being. To deprive children of these vital experiences on the basis of gender is not only outdated but could be genuinely damaging, not merely for the child but to society as a whole. This essential course explores gender and shows how we can support all of our children to overcome barriers and fully engage. With a special emphasis on bridging the attainment gap between boys and girls the course explores concrete strategies for supporting boys and giving them the best possible start in life as well as unpicking the fascinating neuroscience of gender in a way that is applicable to children in schools.

### This course addresses the following:

- EYFS areas of learning and development – Personal, Social and Emotional Development, Communication and Language, Understanding the World, Physical Development.
- Characteristics of Effective Learning – Playing and Exploring, Active Learning, Creating and Thinking Critically.
- Pro-social Behaviour Strategies
- Neuroscience and gender

### 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 Face-to-Face

2 - 2½ hrs Online

### Cost for up to 40 learners

£475 + Travel Expenses

Over 40 Learners

£650 + Travel Expenses

## Boys, Brains and Bodies - Inspiring Boys to Play, Learn and Thrive.

This unique training looks at how we can inspire, engage and motivate our boys to thrive. Looking at some of the latest neuroscience of play and nurturing we go on a journey into the mind of young boys and demonstrate the profound impact of positive adults in their development and well-being. Rather than imposing artificial constraints and failure thresholds we can work with the boy's brains to give wonderful opportunities for emotional, cognitive and neurological growth. The training also takes a brief look at ADHD and some of the difficulties facing children (and adults) in our current education system.

### This course addresses the following:

- EYFS areas of learning and development – Personal, Social and Emotional Development, Communication and Language, Understanding the World, Physical Development.
- Characteristics of Effective Learning – Playing and Exploring, Active Learning, Creating and Thinking Critically.
- Playtypes – Rough and Tumble, Locomotor, Mastery
- Pro-social Behaviour Strategies
- Neuroscience and gender

### 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 Face-to-Face

2 - 2½ hrs Online

### Cost for up to 40 learners

£475 + Travel Expenses

Over 40 Learners

£650 + Travel Expenses

## Early Years Heroes -

### The Vital Role of the Early Years Practitioner

This inspiring and motivating course presents unambiguous evidence that Early Years practitioners have the most profound and life-long impact on their children. More than any other teacher a child will ever encounter throughout their life, the early years practitioner dramatically shapes, guides and supports a child to become their future self. From neuroscience to evolutionary biology, from behavioural sciences to global economics this course shows us once and for all that early years workers have more impact on a child than primary, secondary and even university educators.

The course then looks at how we can enrich the early years experiences of our children through the most magical interactions to maximise the potential of this unique developmental time. The course shares tips and strategies from over thirty years working with children to help us be the best version of ourselves so that we can support children to reach their potential as adults. Looking at simple mindfulness experiences and therapeutic play the course shows a wide range of ways in which we can support our children through good times and bad giving them the fundamental resilience and growth mindset to last them a lifetime.

This course is wonderful reminder of the power of early years and a vibrant testimony to the unsung heroes of education with practical experiences and tips to transform our early years settings.

The course fundamentally redefines our role as early years practitioners and is just as suitable for new staff or veterans and managers.

#### This course addresses the following:

- EYFS areas of learning and development – All
- Characteristics of Effective Learning – All
- Neurological Development
- Morale boosting and teamwork

#### 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 Face-to-Face

2 - 2½ hrs Online

#### Cost for up to 40 learners

£475 + Travel Expenses

Over 40 Learners

£650 + Travel Expenses

## Awe, Wonder and Cultural Capital

This game changing training shows how we can inspire, support and nurture awe and wonder in our children to create unique and life-changing experiences. These often underrated concepts are the cornerstones of neurological development, divergent thinking, imagination and life-long learning. The training gives a wealth of ideas to take back to the setting and shows how we can add a healthy dose of “zing” to our planning and our interactions with children. The training also clearly demonstrates how we can model and inspire awe and wonder through positive interactions and enriched environments and shows how, through awe and wonder, we can have a profound and lasting impact on the children in our care.

This course also looks at exactly what Cultural Capital means in an early-years setting and the importance of a whole family approach to raising aspirations and inspiring social mobility. We also look at some of the barriers facing some families and how the early years setting can profoundly impact on not just children but on their entire community. The course highlights simple methods to engage families and a whole range of ideas to try with our children. The course also looks at how we embed positive practice to create early childhood experiences that can profoundly affect the future of every child.

### This course addresses the following:

- EYFS areas of learning and development – All
- Emotional well-being and mental health
- Supporting vulnerable children
- School readiness
- Awe and Wonder
- Creative Problem solving
- Cultural Capital and social mobility

### 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 Face-to-Face

2 - 2½ hrs Online

### Cost for up to 40 learners

£475 + Travel Expenses

### Over 40 Learners

£650 + Travel Expenses



## Bringing Stories to Life – Memorable Stories for Children

Stories are a magical experience for children. They are an essential component in the development of communication and language and a crucial ingredient in developing imagination and self-expression. They are also a unique opportunity for nurturing and emotional well-being as well as being a source of joy for adult and child alike. Several studies have also indicated that stories are a key criteria for developing empathy.

This course puts stories right back into the spotlight with a wide range of practical experiences to enhance our stories and make them a truly immersive experience for our children. The course highlights the inestimable importance of stories and how they have far reaching benefits for children throughout their lives. The course also touches upon some of the latest neuroscience of creativity and how we can use this to create enriched imaginative experiences through simple stories.

This course also gives learners a series of practical strategies for getting the most out of story time with simple tips to turn even the least confident worker into a vibrant storyteller. Whether we are reading from children's books or creating our own immersive stories this course helps us to put a little magic back into children's lives.

*"Simply fantastic course – I feel way more confident to tell stories and not feel bad if I get it wrong"*

*"Amazing training – has really made me think about how to make stories more exciting"*

### Learners from course in Lincolnshire 2018

#### This course addresses the following:

- EYFS areas of learning and development – PSED, Communication and Language
- Characteristics of Effective Learning – All
- Oracy and Literacy
- Developing Empathy
- Imagination and Creativity
- Playtypes – Imaginative, Fantasy, Dramatic, Recapitulative
- Pro-social 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**

**Cost for up to 40 learners**

**3hrs Face-to-Face  
2 - 2½ hrs Online**

**£475 + Travel Expenses  
Over 40 Learners  
£650 + Travel Expenses**

## Urban Forest - Outdoor Learning in Urban or Restricted environments

Not every setting has access to acres of land and their own forest! However small your outdoor space and however much concrete and astro-turf; there is still a massive potential for outdoor play and learning. This course helps settings in more urban and restricted environments to bring the “forest” to the setting. The training covers a wide range of outdoor activities for children that require little space or access to the natural world but still provide massive opportunities for outdoor learning and most importantly fun. The course also covers the vital reasons why it is so important for children to be outdoors with some startling new statistics to share with your colleagues and parents to get children outdoors. Fun, practical, but with an important message this course is a great introduction to outdoor play for urban settings although the activities and ideas also work equally well in rural or natural settings.

### This course addresses the following:

- EYFS areas of learning and development – All
- Characteristics of Effective Learning – All
- Mental Health and Emotional Wellbeing
- Exploration and Curiosity
- Healthy neurological development
- Imagination and Creativity
- Physical activity levels and physical health
- Playtypes – Mastery, Locomotor, Rough and Tumble, Recapitulative
- Pro-social 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 Face-to-Face

2 - 2½ hrs Online

### Cost for up to 40 learners

£475 + Travel Expenses

Over 40 Learners

£650 + 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 full of awe and wonder. 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:

- EYFS areas of learning and development – All
- Characteristics of Effective Learning – All
- Developing Empathy
- Imagination and Creativity
- Creative Problem Solving
- Healthy Neurological Development
- Awe and wonder
- Cultural Capital
- Pro-social 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 Face-to-Face

2 - 2½ hrs Online

### Cost for up to 40 learners

£475 + Travel Expenses

### Over 40 Learners

£650 + Travel Expenses

## Making Learning Truly Irresistible

**Understanding the fundamental neuroscience of learning to create magical, joyful experiences for our children.**

This unique course explores how children really learn and gives straightforward strategies for creating the most amazing and magical learning experiences for our children. Using a simple knowledge of neuroscience the course shows how we can embed play and curiosity throughout children's experiences, working with their brains to make learning truly irresistible. The course also examines ways in which we can enrich our environments to dramatically improve children's interactions creating virtual firework displays of activity in their brains. Exploring a range of concepts including loose parts play, sensory play, imagination and creativity and "planning in the moment", this course is the definitive guide for any practitioners wanting to fully engage their children and give them the wonderful joyful experiences of childhood they deserve. If we make learning truly irresistible in early years we can profoundly impact on the child for the rest of their life giving them the best possible chance to reach their full potential.

**This course addresses the following:**

- EYFS areas of learning and development – All
- Characteristics of Effective Learning – All
- Imagination and Creativity
- Creative Problem Solving
- Healthy Neurological Development
- Enhanced Learning
- Joyful Approaches to Education
- Pro-social 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 Face-to-Face**

**2 - 2½ hrs Online**

**Cost for up to 40 learners**

**£475 + Travel Expenses**

**Over 40 Learners**

**£650 + Travel Expenses**

## Heroes and Monsters

**A fantastic motivational team session of superhero fun and thought-provoking insights into vulnerable children**

**UPDATE – This course was recently mentioned in an Ofsted Report as an example of Outstanding Staff development!**



This inspirational course looks at the inestimable role of positive adults in a child's life whilst highlighting the catastrophic damage that negative adults can cause. Learners will experience all the fun of superhero play and its incredible benefits to children but will also discuss the very real monsters and heroes in children's lives. This is a course that seamlessly moves from laugh out loud silliness to stark information on the emotional damage that some children experience at the hands of adults. It gives practical advice on what we can do to help mitigate that damage and looks at the profound and life changing effect a caring adult can have on a child's emotional wellbeing, development and mental health. This course can help even our most vulnerable children to thrive and can inspire whole teams to change the way they look at emotional well-being to be the best they can for their children.

There are monsters in children's lives but there are also heroes and sometimes all it takes is one adult to step up and be that hero.

*"The best course I have ever been on and has given me the confidence to implement more imaginative activities in my setting."*

**Rachel Delve, Grantham**

*"It was fabulous. Thank you so much for finding it for us. It was perfect. Everyone had such an amazing day. We have all enjoyed teaching so much more since this. It is like we've had therapy!!"*

**Katie Dickson – Our Lady's Academy, Bullwell**

This course reminds us of why work with children in the first place and can motivate and inspire whole teams to improve outcomes for children. It is ideal for inset days or whole team training days as well as parent sessions and is suitable for settings working with any age of child.

**This course addresses the following:**

- EYFS areas of learning and development – All
- Supporting Vulnerable Children
- Morale boosting and teamwork

**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 Face-to-Face**

**2 - 2½ hrs Online**

**Duration – Full Day Session**

**6hrs Face-to-Face**

**5 hrs Online**

**Cost for up to 40 learners**

**£475 + Travel Expenses**

**Over 40 Learners**

**£650 + Travel Expenses**

**Cost for up to 40 learners**

**£850 + Travel Expenses**

**Over 40 Learners**

**£950 + Travel Expenses**



## Oracy – it's all talk!

Oracy is hugely significant in determining the life chances for children. For children to have their life chances limited by their oracy is unacceptable in any progressive society and so it is profoundly important that we give our children the best possible chance for developing this vital social function. This insightful session looks at the fundamental building blocks for Oracy and how key adults can radically improve their children's speech and levels of literacy. The session explores how joyful use of language should not be restricted merely to certain times of the day but throughout every aspect of the child's learning. By embedding joyful, contextual language throughout the child's day, in every other learning path from mathematics to PSED, we show the child that words are important, words are useful and above all words are fun. The only way in which we can truly achieve this is through confident, articulate practitioners, lighting a flame for language that can last a lifetime. By combining neuroscience, real life examples and ideas for activities this session helps us become those practitioners.

*Thanks Ben! Another fabulous training course :)*

**Kel D - Warwick and Southam Consortium**

### This course addresses the following:

- EYFS areas of learning and development – Communication and Language
- Characteristics of Effective Learning – All
- Imagination and Creativity
- Practical Oracy Activities
- Working with EAL
- Vulnerable Children and Deprivation

### 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 Face-to-Face**

**2 - 2½ hrs Online**

### Cost for up to 40 learners

**£475 + Travel Expenses**

**Over 40 Learners**

**£650 + Travel Expenses**

## Child Development and the EYFS

This essential course gives learners a vivid insight into the developmental processes that children undergo throughout the early years period. Not for nothing are these called “the Formative Years” and this course details the vital neurological, physical, emotional and cognitive growth that must take place for a child’s healthy development. Based on the latest research and with a firm grasp of frontline working with young children this course demonstrates how the Early Years Foundation Stage supports this development and how Development Matters helps us to assess and plan for progress. The course also includes a number of practical activities that illustrate the various developmental processes and can be used directly with children to help their development as well as innovative new activities to help support learning in the home. The course combines up to date neuroscience theory with thought provoking insight into the young child and vibrant practical activities to engage and delight children and gives a vital working knowledge of the EYFS in practice. The course is a vital overview of child development forming the foundations for good practice throughout the setting and is ideal for new practitioners and veterans alike.

*“I have never attended a course like this before – trainer made even neuroscience interesting and the whole day flew by. Everyone working with children should have this course.”*

**Marie Whittaker, Bucks Learning Trust**

### This course addresses the following:

- EYFS areas of learning and development – All
- Characteristics of Effective Learning – All
- Healthy Neurological Development
- Enhanced Learning
- Child Development Theory
- Joyful Approaches to Education
- Pro-social 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 – Full Day Session

6hrs Face-to-Face

5hrs Online

### Cost for up to 40 learners

£850 + Travel Expenses

### Over 40 Learners

£950 + Travel Expenses

## Expressions of Joy – Effective Communication and Language

This essential course sets the foundations for positive communication and language in early years and beyond. The course focuses on how children really learn communication and language and looks at some of the fascinating neuroscience of communication in a practical and accessible manner. The course also gives a wealth of ideas of how to use this knowledge to embed good practice in the setting and in the home. The course then looks at how joyful, positive interactions through songs, stories and rhymes within a safe and nurturing environment can profoundly impact on our children and young people. The course also touches upon the “word gap” and what we can do as practitioners to give our children the best possible start in life and help them reach their full potential. Finally this course focuses on Joy as a fundamental basis for all learning and development and shows how early years practitioners can be truly life-changing for their children.

*“Had great fun with this session. Extremely helpful with current challenges in my setting. Great discussions and exercises. Excellent course.”*

**Sue Jinks NWL Teaching School Alliance**

**This course addresses the following:**

- EYFS areas of learning and development – Communication and Language
- Characteristics of Effective Learning – All
- Imagination and Creativity
- Practical CLL Activities

**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 Face-to-Face**

**2 - 2½ hrs Online**

**Cost for up to 40 learners**

**£475 + Travel Expenses**

**Over 40 Learners**

**£650 + Travel Expenses**

**NOTE** - This session works as a standalone CLL training session but is also part of a Communication and Language Pathway developed in partnership with Cambridgeshire County Council. The full pathway contains 4 modules and fulfils the requirements for a CACHE level 3 Qualification. Please contact us for more details.

**Module 1 - Expressions of Joy** - Practical Communication and Language.

**Module 2 – Expressions of Exploration** – How children begin to connect with the social world.

**Module 3 – Expressions of Discovery** – Essential CLL for the Early Years and Beyond

**Module 4 - Expressions of Understanding** – Embedding Positive Communication and language.

## Essential Physical Development

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

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.

*"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 Playgroup.**

### **This course addresses the following:**

- EYFS areas of learning and development – Physical Development
- Characteristics of Effective Learning – All
- Enhanced Physical Movement
- Creating environments for movement
- Healthy Neurological Development
- The role of the adult as a motivator for movement

### **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 Face-to-Face**

**2 - 2½ hrs Online**

### **Cost for up to 40 learners**

**£475 + Travel Expenses**

**Over 40 Learners**

**£650 + Travel Expenses**

## Mathtastic Maths

This innovative training course takes a fresh look at maths in early years and highlights a range of strategies to bring the magic back to maths. By examining the neuroscience of how children actually learn maths, this course enables early years practitioners to provide the optimum enriched environments for children to explore their mathematical potential. The course also highlights mathematical progression and how we can support maths not as an artificial construct imposed by adults but as an intrinsic part of the child's world as they continually assess, quantify and experiment within their early years environment. Finally the course looks at the anxiety sometimes associated with maths and how we can prevent this in our children and overcome it in ourselves!

### This course addresses the following:

- EYFS areas of learning and development – Mathematics
- Characteristics of Effective Learning – All
- Creative Problem Solving
- Healthy Neurological Development
- Enhanced Learning
- Practical Examples
- Joyful Approaches to Education

### 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 Face-to-Face

2 - 2½ hrs Online

### Cost for up to 40 learners

£475 + Travel Expenses

Over 40 Learners

£650 + Travel Expenses

## Magnificent Maths (Full Day Course)

Due to the incredible popularity of Mathtastic maths we have been asked to extend the original course to a full day of fun, exploration and inspiring maths. More concepts, more experiences and more links to the neuroscience of mathematical thinking to create an unforgettable day exploring this often over-looked area of learning.

### Duration – Full Day Session

6hrs Face-to-Face

5hrs Online

### Cost for up to 40 learners

£850 + Travel Expenses

Over 40 Learners

£950 + Travel Expenses



## Inspiring Children's 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 Early Years. 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 process focused approach in early years. 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.

*"A truly remarkable course. Utterly Inspiring and thought-provoking. Thank you!!"*

**David Baldwin, WEYH**

### This course addresses the following:

- EYFS areas of learning and development – Expressive arts and design
- Characteristics of Effective Learning - All
- Imagination and Creativity
- Creative Problem Solving and Divergent Thinking
- Neuroscience of Imagination
- Enriched Environments
- Practical Examples

### 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 Face-to-Face

2 - 2½ hrs Online

#### Cost for up to 40 learners

£475 + Travel Expenses

Over 40 Learners

£650 + Travel Expenses

#### Duration – Full Day Session

6hrs Face-to-Face

5hrs Online

#### Cost for up to 40 learners

£850 + Travel Expenses

Over 40 Learners

£950 + Travel Expenses

## Characteristics of Effective Learning - Masterclass

The Characteristics of Effective Learning are the 'how to learn' parts of our curriculum documents and as such are vital to a child's long-term career as a learner. The old adage goes 'Give a person a fish and you feed them for a day. Teach a person to fish and you feed them for a lifetime.' This is the approach we must take with our children. Giving children knowledge helps only for them to learn what we have given them, however, teaching them how to learn for themselves will develop the skills that will underpin their ability to engage with knowledge and develop understanding for their rest of their lives. This course explores how these characteristics present within our children's play and is linked to both the psychological and neurological processes that affect effective learning and development. Practitioners will reflect on their current provision and audit the experiences and opportunities they offer the children to extend each of the characteristics and will return to the setting with sound and implementable strategies to improve the outcomes for their children. While most practitioners understand the Characteristics of Effective Learning, providing these seamlessly alongside the areas of learning is sometimes seen as a juggling act. This course will help you sensitively maintain the balance and support children to become excited, enthused and engaged learners for life.

*"This is essential learning and really insightful. Has made me re-look at my practice and can't wait to try this with my children. - Farah Iqbal - Childminder"*

### This course addresses the following:

- EYFS areas of learning and development – All
- Characteristics of Effective Learning – All
- Healthy Neurological Development
- Enhanced Learning
- Practical Examples
- Joyful Approaches to Education

### 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 Face-to-Face

2 - 2½ hrs Online

#### Cost for up to 40 learners

£475 + Travel Expenses

Over 40 Learners

£650 + Travel Expenses

#### Duration – Full Day Session

6hrs Face-to-Face

5hrs Online

#### Cost for up to 40 learners

£850 + Travel Expenses

Over 40 Learners

£950 + Travel Expenses

## Schema - How Children Develop their Understanding of the World

*In early years, we have been discussing schema and schematic play for years and there have been many courses telling us how to spot and plan for different schema.*

*This course is for anyone who has ever wondered what on earth the fascination is with children spinning around and around, putting everything in bags and carrying them about all day or running backwards and forwards across the room for hours? We will help you understand the cognitive, mathematical, scientific and problem solving skills that children develop through these simple and repeated behaviours.*

*During this session we will analyse children's repetitive actions to understand why these behaviours are so persistent. You will learn to recognise and extend every teachable moment utilising the deep levels of involvement and engagement these innately motivating activities create for our children. We will explore how to build provision around these learning opportunities to reduce children's frustrations and distractibility. This will enable you to tap into the child's intrinsic motivation and watch your children flourish! By the end of the session, this complex psychological theory will seem like common sense, and you will never see a child's play in the same way.*

*"I always thought Schema were boring. Not now, what a lovely and insightful course to help us with our children"*

**Tina Frome – Herts 2018**

### This course addresses the following:

- EYFS areas of learning and development – All
- Characteristics of Effective Learning – All
- Healthy Neurological Development
- Enhanced Learning
- Practical Examples
- Schematic 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 Face-to-Face**

**2 - 2½ hrs Online**

### Cost for up to 40 learners

**£475 + Travel Expenses**

**Over 40 Learners**

**£650 + Travel Expenses**

## Enriched Environments and the Brain

This fascinating and insightful new 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 EYFS.

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.

*“mind blowing, detailed insight into the impact and importance to the brain function of play”*

**Delegate from Bright Horizons Manager Training day**

### This course addresses the following:

- EYFS areas of learning and development – All
- Characteristics of Effective Learning – All
- Healthy Neurological Development
- Enhanced Learning
- Creating enriched children's environments
- Practical Examples
- Practical neuroscience
- Joyful Approaches to Education

### 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 Face-to-Face

2 - 2½ hrs Online

#### Cost for up to 40 learners

£475 + Travel Expenses

#### Over 40 Learners

£650 + Travel Expenses

#### Duration – Full Day Session

6hrs Face-to-Face

5hrs Online

#### Cost for up to 40 learners

£850 + Travel Expenses

#### Over 40 Learners

£950 + Travel Expenses

## 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 nursery, school and afterschool settings; and to enable those settings to advocate for play and promote positive play in their 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 the children in the setting. 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.

The course is delivered by multi award-winning trainer and Play Author Ben Kingston-Hughes, the Managing Director of Inspired Children, and is our definitive course on everything to do with Play.

Play Champion status is awarded to learners who successfully complete the course including a Play Champions medal.

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 – The Power of Play. Theories and neuroscience of play, learning whilst playing and the catastrophic effects of Play Deprivation.
2. Play as a therapeutic process. Combatting Anxiety and working with vulnerable children. Adapting play for neurodiversity. Multi-level self-directed play, differentiation, adaptation and continuous provision. Finding the balance between adult led and child initiated. Positive Risk and Challenge.
3. Play and the Imagination – Play for Communication and Social Development, EAL and building the creative brain. Experiences rather than “activities”. Play as a Process - The Process Focused approach. Loose Parts Play.
4. Play, Behaviour, and Advocating for Play – Understanding Children’s play behaviours. 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.



# EYFS SETTINGS – PLAY CHAMPIONS

## 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**

## Play Champion Costs

The course costs **£3000** plus travel expenses for up to 20 learners. This includes all course materials, certification and endorsement. This also includes after support for settings and continuing advice and help on play related matters.



## 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.

**£475 per session (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.

**£475 (plus travel)**



## Pre-recorded Video Training – A Unique way to access Inspired Children's Training

This is not your ordinary Video Training! We have studio quality cameras and sound and make sure our training is of exceptional quality. It is still just as entertaining and thought-provoking as our face-to-face training, but now you can access it in your own time and at your own pace. Grab some snacks and enjoy!

### Short Courses

#### The Power of Play – The Movie

This unique short video course looks at the fundamental neuroscience of play and how we can use this knowledge to help children emotionally reset, build resilience and promote positive mental health. The course looks at why children play and exactly what is happening in their brains when they do. It shows how positive play can have the most profound effect on a child's emotional wellbeing and can help children to overcome emotional obstacles and develop confidence and self-esteem. The course also demonstrates how we can use play to help develop secure attachments with the children in our care especially if those children are struggling. The course is intensely thought provoking, combining up to date neuroscience and biochemistry with therapeutic play techniques to create a unique toolkit for helping not just vulnerable children but all children in our care.

**£400 for up to 50 people to access - £40 for an individual license**

#### Early Years Heroes -

#### The Vital Role of the Early Years Practitioner

This inspiring and motivating online course presents unambiguous evidence that Early Years practitioners have the most profound and life-long impact on their children. More than any other teacher a child will ever encounter throughout their life, the early years practitioner dramatically shapes, guides and supports a child to become their future self. From neuroscience to evolutionary biology, from behavioural sciences to global economics this course shows us once and for all that early years workers have more impact on a child than primary, secondary and even university educators. This unique online course is designed to boost the morale of early years practitioners by reminding them why they do the job in the first place. It is ideal as an induction for new staff or for veteran staff who need a bit of a boost.

**£400 for up to 50 people to access - £40 for an individual license**

## The Parent Play Project

### Supporting Children to Play more at home

The very simple idea of this pre-recorded session is to help parents 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 can be truly transformative because parents now see play as not merely frivolous but as a fundamental development process intrinsically linked to life-long health, emotional well-being and brain growth. This pre-recorded version of the course is ideal for new parents as part of the induction process but can also help staff members understand play more.

**£400 for up to 50 people to access - £40 for an individual license**

## Longer Courses

### Positive Behaviour, Positive Children

This essential video course helps us to understand what children are trying to communicate with their behaviour so that we can better guide them towards pro-social behaviour and ultimately help them thrive. The key to early years behaviour is to accurately assess what our children need and then support and guide them through that process. The course explores why traditional behaviour methods do not work with young children and gives a firm grounding in the neuroscience of behaviour to better understand even the most unusual of behaviour patterns.

**£475 for up to 50 people to access - £50 for an individual license**

### Capable Confident and Ready for Life - Essential School Readiness Training

Many children in the UK are facing a crisis of low self-esteem, low confidence and poor resilience. For some children the pressures of the modern primary school are becoming a real problem and they are struggling to cope. This essential course helps Early Years settings to prepare young children to be resilient, confident and be truly "ready for school". This is a thought-provoking look at the issues facing modern children in their transition to school and a wide range of activities and strategies designed to build confidence and encourage self-reliance and resilience. This course is an invaluable tool for anyone wishing to prepare their young children for school and life beyond.

**£475 for up to 50 people to access - £50 for an individual license**

## Legacy Courses

Some of older our 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

- Play on Words – Fun with Words and Poetry
- Fabulous Water Play
- Astronomy Fun for Early Years
- Giant Cardboard Creations
- Transient Art
- Reflective Practice

## 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 bespoke training are very simple. A half-day session costs £475 plus travel and a full day costs £850 plus travel for a group of up to 40 people. This is 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. Increased fees apply to larger groups and conference style events.

In addition to the learning outcomes for our training there are also strong elements of inspiration, morale boosting, 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 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)

