

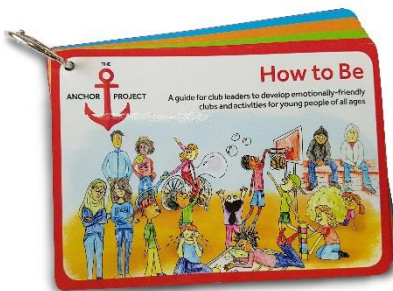
## How to Be Club Tool

Tool to support children in out of school hours culture and leisure activities.

The sense of belonging attending clubs provides has a stabilizing influence on children while appropriate and consistent relationships with reliable adults experienced in a club setting also increases resilience.

Research shows that attending 2 or more after school clubs a week increases attainment by:

- The equivalent of 2 GCSE grades at secondary age
- An increase of 50% in english and maths scores at primary age



The Club tool is used to support parents, carers and club facilitators to increase inclusion.

### Regulating Physical State

**What**  
Some young people find it very difficult to talk about their feelings. They may not even be able to recognise them.

**Why**  
Because they may have experienced difficulties in earlier years and have learned to avoid talking about their feelings.

Card 1

### Communication Style

**What**  
Understanding that some young people find it difficult to receive praise or tolerate direct adult attention.

**Why**  
Because direct comments from adults in the past may have been negative.

Card 2

### Developing a 'Sense of Self'

**How**

Try... wishing them well for an activity and asking about it next time.

Try... showing that you thought about them when you weren't with them e.g. "I thought about you on Saturday when it rained. Did you play cricket?"

Try... regularly acknowledging them by speaking to them, using their name, commenting to them and others about observed desirable behaviours, using agreed non-verbal signs, using appropriate physical contact, by standing close or alongside.

Try... not assuming that this need for acknowledgement is 'inappropriate attention-seeking'. Recognise it as a real need. Build time into the session to have a 1-1 chat each week.

Card 4

**COST:**

Number of units	Cost	Unit Cost	Haringey school rate	Haringey unit rate
1	£8.99	£8.99	£7.50	£7.50
10	£75.00	£7.50	£60.00	£6.00
25	£150.00	£6.00	£125.00	£5.00
50	£250.00	£5.00	£225.00	£4.50

Available from: **The Anchor Project**

For more information or to purchase a copy contact: [anchorproject@haringey.gov.uk](mailto:anchorproject@haringey.gov.uk)