

Emotionally Friendly Communication

- what we say & how we say it matters ...

SIMPLE STEPS TO WELLBEING

1

WHAT:

'Holding in Mind'

- When we let children/YP know we're thinking of them even when we're not with them
- When we remember to ask them about things we talked about last time we met
- And they learn that they are separate, special & an individual in their own right

2

HOW:

... by saying things like ...



Hold in Mind

"How did you get on in your maths test yesterday?"

"Good luck in your run tomorrow"

"I thought of you at the weekend – there was a really good programme on about"

Welcome

"Morning Amir, how did you get on with your sister last night?"

"Hi Shaneka, how lovely to see you, glad you're better"

"I'm so happy you were able to come"

WELCOME & GOODBYE is a perfect time to do this ...

3

WHY:

... this is important

- To strengthen our relationships despite 'lockdown'
- To develop feelings of safety & trust
- To increase child/YP engagement in online & face to face lessons
- So that children/YP develop a sense of 'self' or who they are
- To increase concentration
- To help create optimum conditions for thinking & learning

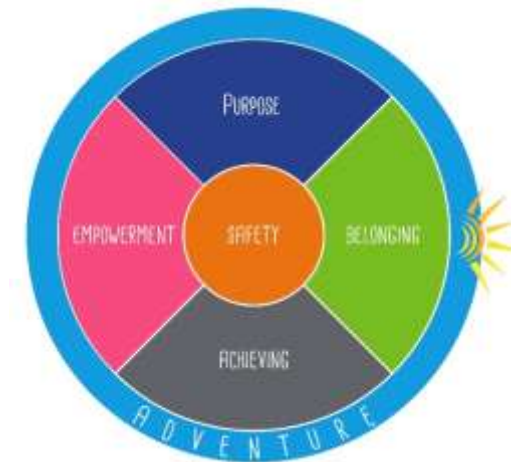


Goodbye

"Bye Johnny, I hope you enjoy the online quiz tonight"

"Bye Ranveer, we've had such a lovely day together today. Well done. See you tomorrow"

"Bye Sonia, have a great evening. I'll find out about that tonight & let you know tomorrow"



'Holding in Mind' builds the universal needs of 'BELONGING', 'EMPOWERMENT' & 'PURPOSE'