

## What is Positive Play?

The aim of Positive Play is to give children the skills to do well at school and to raise the self-esteem and well-being of children and young people.

In the sessions, children are immersed in an accepting and warm environment where they can develop a positive, supportive relationship with a trusted adult in school. The activities are designed to support the emotional needs of pupils and to give them the life skills to help remove barriers to learning. They are given space to talk and express their feelings in a sensory environment using the natural medium of play.

We run Positive Play in school. A member of staff, trained in delivering Positive Play Interventions, works one to one with children. We focus on supporting children with their social, emotional and behavioural needs.

Children attend 1 session a week for 20 minutes. The sessions usually run for a whole school year.

## Where is Positive Play delivered?

Positive Play is delivered in school in a special area carefully crafted to stimulate our senses. Lighting, aromatherapy and soothing music is used to help create this space. This helps to improve emotional well-being and encourages engagement.



'The Den' at Shirland Primary School

## How is 'play' used in a Positive Play session?

- We use play as our basic approach as it a safe and non-threatening activity.
- Working through play is fun.
- Play enables the development of early concepts and non- verbal expression
- Play encourages the use of language by providing a variety of first-hand experiences which stimulate language, expression and communication.
- Play is a useful and constructive way to develop children's emotions and helps to control aggression and frustration.
- Through structured, carefully chosen play activities children learn qualities that will benefit them through life. For example, self reliance, self control, patience, co-operation, judgement, leadership, determination and perseverance.

## What are the outcomes for children?

Sheffield Hallam University conducted a 3 year longitudinal study and found the evidence for both need and effectiveness of Positive Play Support.

" There is statistically supported evidence that positive behaviour change occurs in children who participated specifically in the intervention."

### Ofsted reports that:

" The Positive Play Support strategy has a beneficial effect on pupils' behaviour difficulties and the Magic Room is a particularly effective device for enabling children who have problems to communicate in a way that builds their self-esteem"

## Positive Play Staff



**Rebecca Harry** Learning Mentor

Please feel free to get in touch if you would like more information or if you would like to visit The Den.

## Positive Play Shirland Primary School

