

By developing our

Executive functioning skills

- An ability to focus
- Being able to hold information in mind
- The ability to regulate
- Being able to plan
- Being able to wait



We gain the skills we need for

Self regulation

Self regulation is recognised as being so important for so many areas of our lives, both as children and as adults.

It is our most basic sense, it involves us being able to control our behaviour, our emotions and our thoughts.

It's about...

- Patience
- Resilience
- Perseverance
- The ability to adapt

It's a tricky skill to learn as a child and for some adults it's a tricky thing to maintain, especially when things are not going as planned.

By supporting the children in our care to develop these skills through play, through modelling, through emotion coaching and through kind and caring support; we are setting the foundations they need to be able to face and deal with the many challenges and opportunities they will meet on their journey through life.