

Behaviour and Under 10s



Becky Goodger



Daphne Sohl



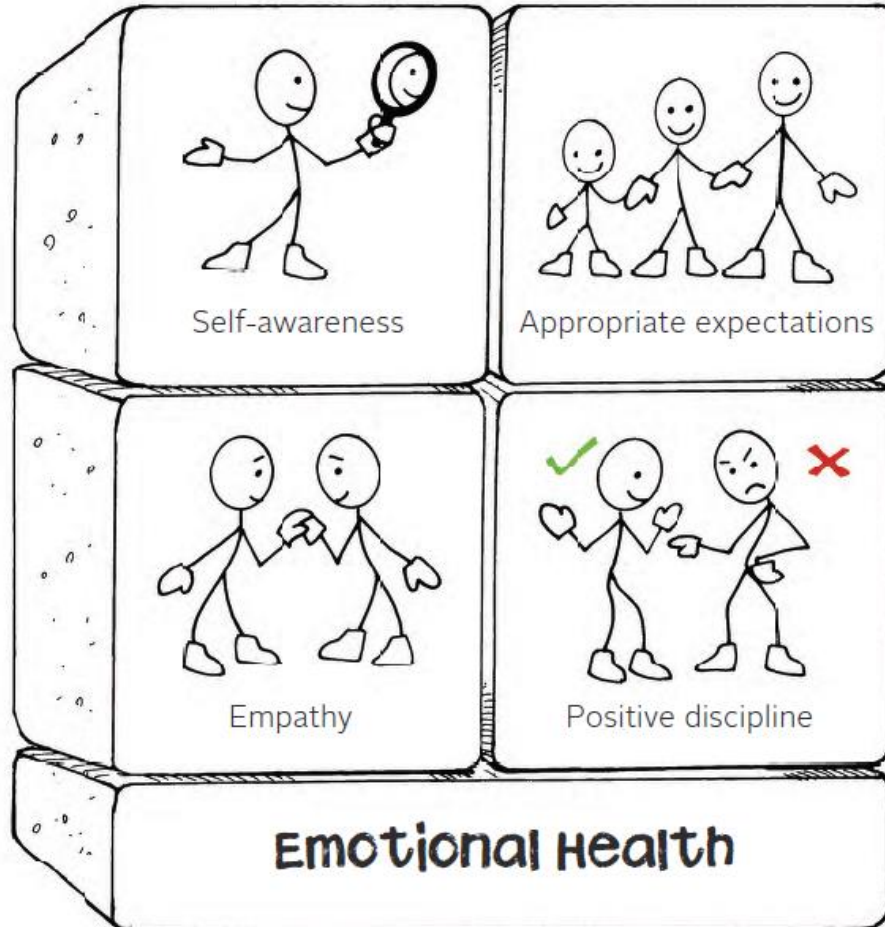
Please share any behavioural challenges you experience

– via the chat or unmute yourself

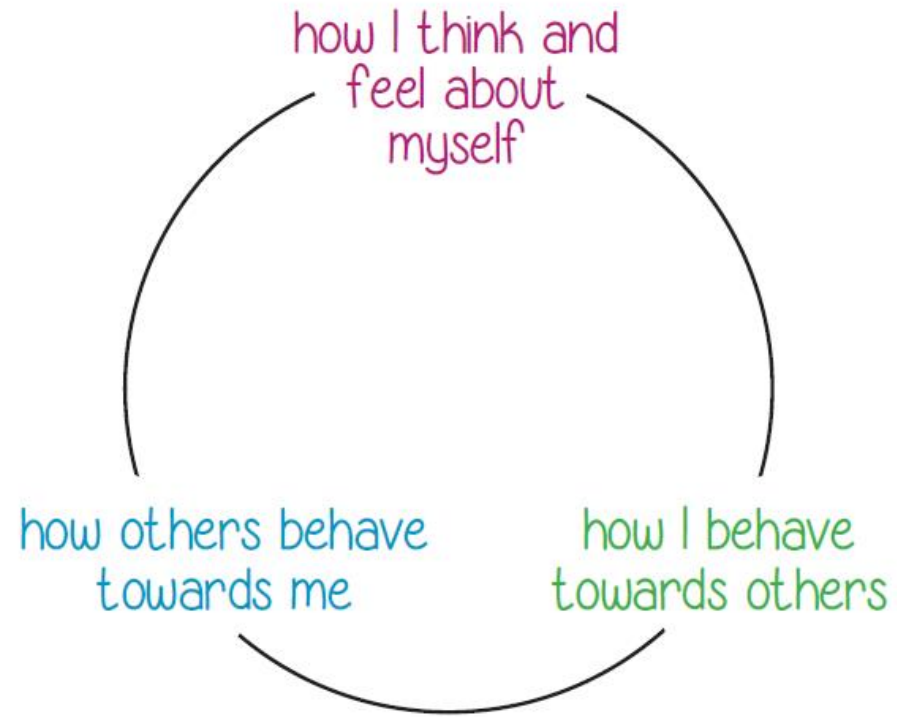


Building Blocks

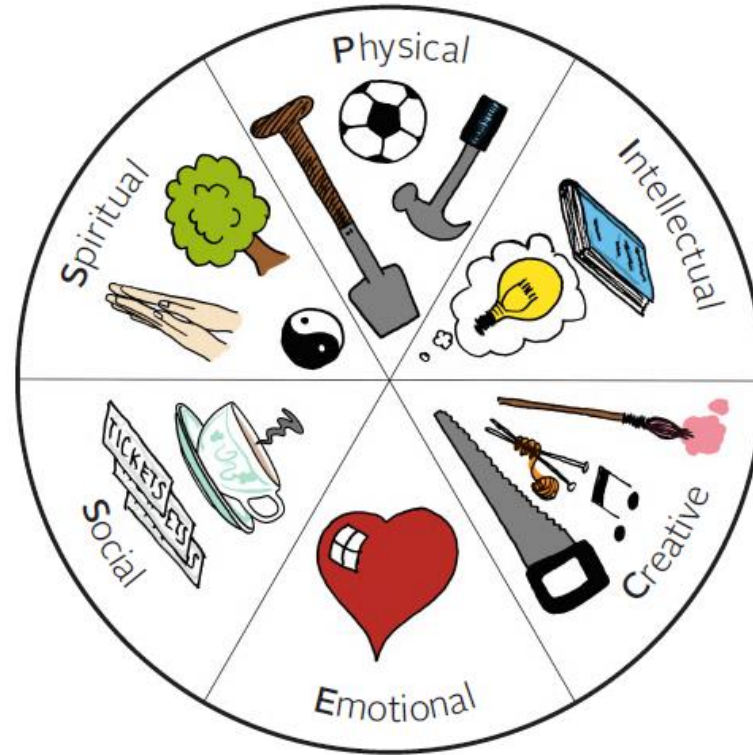
The Four Constructs



The cycle of Feelings and Behaviour



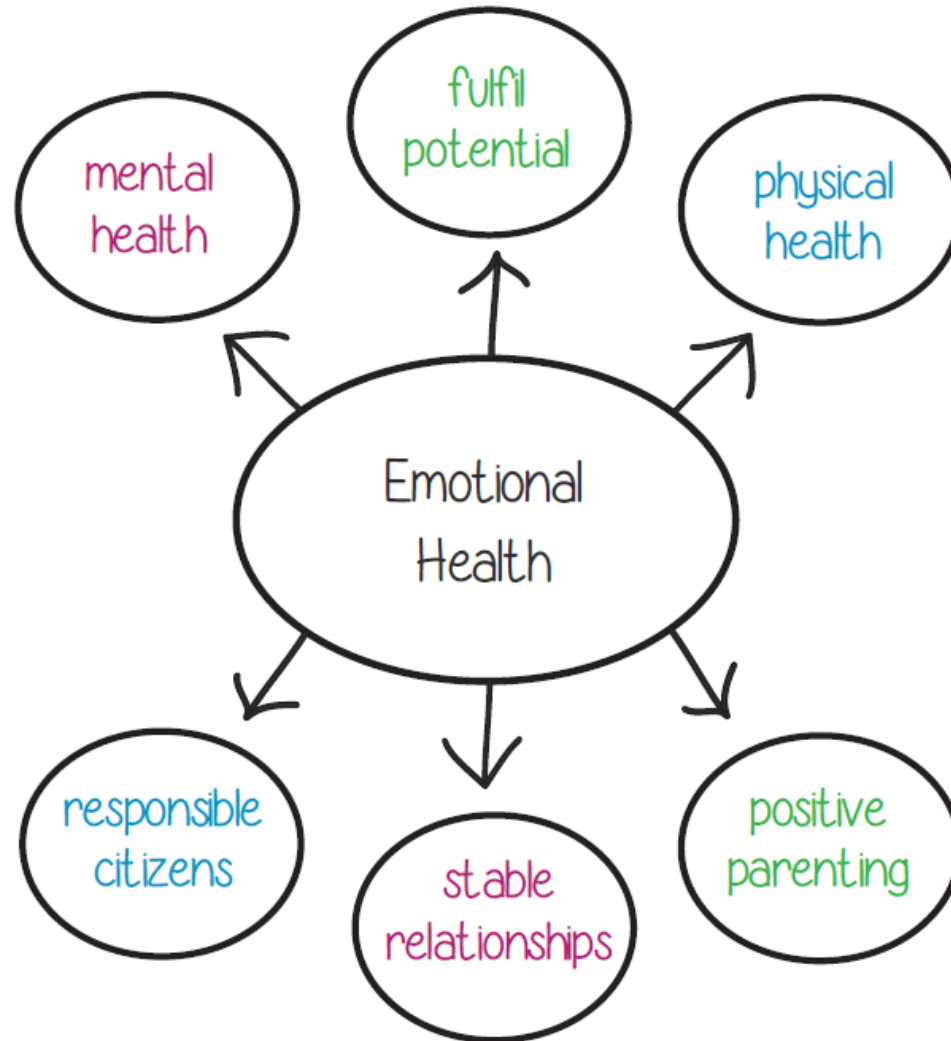
Nurturing ourselves...



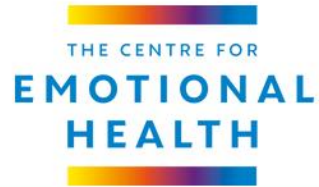
...SPICES up our lives!



The Benefits of Emotional Health



<https://www.centreforemotionalhealth.org.uk/>



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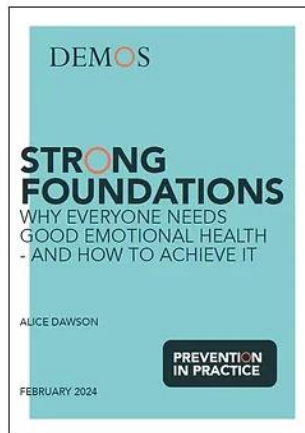
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We provide training courses and resources that develop understanding, skills and the ability to support the development of good emotional health. We work to raise awareness of what Emotional Health is and why it is important and we aim to influence policy to create a more emotionally healthy society. Most of our work takes place in the parenting, education and workplace sectors – as well as on a wider community basis.

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We are proud to have worked alongside Demos to produce the paper Strong Foundations: Why everyone needs good Emotional Health – and how to achieve it.

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