



THE THRIVE APPROACH

Thrive Licensed Practitioner

I am the Thrive Licensed Practitioner at Heany Park. We are the first school in Victoria to offer this very exciting approach to Social Emotional Wellbeing, The Thrive Approach.

What is Thrive?

The Thrive Approach is a developmental approach designed to meet the social and emotional developmental needs of all children and young people. It is informed by established findings in neuroscience; child development theory; attachment theory and research into the importance of play and creativity.

The program helps to support all children in line with age-related expectations, by equipping them to cope more effectively with the challenges they face, so that they can recover from difficulties rather than becoming overwhelmed. It also provides a way of identifying those children who are most vulnerable to stress, and offers practical strategies for working with them in a targeted way to help them cope better.

Here at Heany Park we have introduced Thrive Together which is a whole school approach. Thrive also uses an online tool which we use to profile whole grades at the beginning of each year. This enables myself and the teachers to assess which children are developing in line with age-related expectations, where there might be gaps that the whole class can work on together and which children might need some additional targeted support.

It is those children, who require the more targeted support that I work with on a one-to-one basis or in small groups, using the arts, creativity, play and relaxation techniques. Parental permission is sought before this more targeted approach commences. Children in these groups will work with me in the Thrive Room.

Sue Houghten
Thrive Licensed Practitioner

