

**Therapeutic Thinking policy**

Reviewed November 2024

**Statement of Intent**

Our setting is committed to an inclusive culture based on training and information that is underpinned by past practices, policies, and plans.

**Aims**

Our overriding aim is for all our children to have the opportunity to flourish in this setting, where they are understood, their needs are met, and where they are prepared for their next steps in education and their lives.

**Method**

***What is therapeutic thinking?***

Therapeutic thinking is a philosophy. It aims to focus on how the children in the setting will be supported, particularly in terms of their well-being and mental health.

* The staff will help our children to have the tools to be able to

express their emotional needs, whether verbally or by the use of visual feelings pictures, signs, or for example using a mirror so that a child can see their facial expression and relate an emotion to it.

* The staff encourages children to think about what emotions look like, how they might display an emotion, and how it makes them feel.
* The children in understanding why they feel these emotions and what they need to cope with emotions start to develop an understanding of what their peers or other children/adults may be feeling and what they might need.
* The practitioners understand the link between emotional awareness and readiness to learn.
* The staff use modelling to demonstrate and explore feelings and strategies to support them.
* All children/staff and parents/carers feel known and individually valued.

This policy was adopted at a meeting on 1st October 2023

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This policy should be read in conjunction with our-:

Anti-bullying policy

Behaviour management policy

Equality policy

Although under constant review, an overall review date has been set for **September 2025**