



BEST Programs 4 Kids is world-leader in practical and current children's social and emotional wellbeing programs and services. The practical **Thinking Spots** provide clinically proven, tried and tested skill-building resources that positively support children's behaviours.

Practical resources that align with Positive Behaviour Support (PBS)

The **Thinking Spots** align to the principles of the **Positive Behaviour Support (PBS)** framework used widely in schools. This framework promotes preventative practices in establishing better behavioural outcomes through:

- Identifying triggers to behaviours
- Developing adaptive strategies when triggered
- Building skills towards better and more adaptive behaviours
- Identifying and utilising strengths to increase success
- Increasing positive engagement in the learning community

The **Thinking Spots** are a downloadable set of reflection sheets that comprehensively cover a range of issues and emotions that children experience in the classroom and playground that often disrupt social and learning engagement.

For many children, part of the process of regulating their behaviour is to have enough time to calm down, think and respond. The **Thinking Spots** encourage children to identify the issues most relevant to them and develop a range of proven techniques to manage not only their own emotions and behaviour, but also to respond more positively to those of their peers.

Preparing your resources

The **Thinking Spots** are a site-licensed downloadable resource. After **downloading** the PDF files, the resources can be used electronically or printed as many times as required.

We recommend that you **print** the resources in colour and ensure that they are printed on a device that is able to print to 'narrow margins.' If not professionally printed, we recommend that you print each **Thinking Spot** on one side only and then laminate those sheets back-to-back for the highest quality results.

Laminating your **Thinking Spots** will help them to last the many uses that they will have. This is highly recommended if used on your [Buddy Bench](#) or anywhere outdoors. Weather-proofing the individual **Thinking Spots** will mean that they can be put out at beginning of the day and brought in at the end of the day. **Thinking Spots** can be attached to a lanyard and hung from your Buddy Bench or in convenient places around your play area for BEST effect.

Thinking Spots are provided as a PDF, best suited to printing back and front as an A4 sized resource, however, they can be prepared in numerous ways depending on your need.



What's included in the Thinking Spots?

The **Thinking Spots** are a series of 8 reflection cards that walk a child through their experiences of social and emotional overwhelm or difficulty in each of these areas:



Angry

Identifying the intensity and the triggers of angry feelings is the very first step in getting them under control. Repeatedly practising a skill to get those feelings back under control helps a child to get back into play and learning.



Bossy

Exclusion is common for a child with uncontrolled bossiness. Learning to identify self-regulation techniques that work, how to re-build relationships that have suffered, and how to avoid future exclusions is essential.



Left out

Being left out isn't always Nasty - sometimes, it's quite Normal. Whatever the reason, helping a child who has not been included to positively manage themselves and others builds resilience and social confidence.



Lonely

Being alone and being lonely are two very different happenings for a child. Changing the mind-set of the lonely child to one of social success and then teaching the skills that help social inclusion are essential - and achievable using a simple friendliness formula.



Nosy

Telling tales, getting involved unnecessarily and chipping in where it's not needed is frustrating for adults and confusing for children. Teaching awareness of when to be involved and when to MYOB and 'buzz off' is something all children need to learn.



Playing by the rules

A common source of playground frustration for children and adults alike is the inability to play by the rules. Learning about the reasons for rules and how to be a good sport is necessary for all children in some sticky situations.



Sad

A normal feeling - but in what intensity? Children experience situations at school and at home that impact their happiness which in turn affects their learning and social success. Emotional literacy, self-soothing techniques and trusted relationship building skills are essential!



Silly

Sillyness the Speed Wobble - a common visitor to the classroom and playground. Hysterical emotional arousal is contagious and difficult to manage for a child being affected and an adult trying to manage them. Knowing the triggers and how to calm down are vital skills.



Many applications for your Thinking Spots

The **Thinking Spots** can be used anywhere a child is sent to, or chooses to reflect. Each resource increases a child's awareness of their reason for being in the **Thinking Spot** and presents strategies for self-regulating and managing the situation proactively. The **Thinking Spots** are perfect for:

Buddy Benches

The child who finds themselves sitting on the Buddy Bench is often in need of some soothers, skills and strategies to get back out amongst their peers. There is a risk that the child who is not learning a strategy to better manage themselves socially and emotionally will become a regular visitor to the bench. **Thinking Spots** help children to identify why they might find themselves sitting on the bench and teach the self-help, resilience-based skills to get back into playing quickly.

Time in / out

Whether it be within the classroom, in administration or in the student services area, **Thinking Spots** are essential tools to help a child to become self-reflective and self-regulatory. Often, when a child is in emotional overwhelm, having to talk through their thoughts and feelings with an adult can be difficult - and lead to an acceleration of their elevated emotional state. **Thinking Spots** provide children with a pathway to understanding and managing their feelings and behaviours independently.

Class / Group restorative discussions

Valuable teaching time is often taken up with identifying social and emotional issues and managing the resulting behaviours. **Thinking Spots** can be used to facilitate discussions about feelings and solutions to particular issues and situations.

Location-based licensing agreement

Each purchase of the **Thinking Spot** resources is licensed for use at a single location or by the individual responsible for the purchase. Distribution of this resource within networks or between organisations is strictly prohibited. All materials are protected by International Copyright Law.

Other BEST Social and Emotional Learning (SEL) Resources

BEST Programs 4 Kids leads the way in practical resources and programs for children, families and schools. Teaching children the skills for life - in every sense - is essential to a lifetime of flourishing mental health and resilience.

BEST Programs 4 Kids provides children, their families and schools with the opportunity to teach the foundational skills for wellbeing in fun, interactive, practical and clinically proven ways. With the early years **Little Highway Heroes**, and primary years **Highway Heroes** programs being used internationally with noted and outstanding success, BEST Programs 4 Kids has the solutions for your wellbeing needs.

Find out more by visiting the website bestprograms4kids.com or email info@bestprograms4kids.com.



At BEST, our mission is to make sure that every child, their family, school and anyone supporting them on their resilience journey has access to the BEST—yep, that’s right, resources and training. And this is your opportunity to help us to make that happen.

You can pay forward in any of the ways below as our thank you to you for trusting us with the wellbeing of the children in your care and influence.

Friends & Family

Offer your friends and family the opportunity to purchase anything in the BEST range of resources with a 5% discount. Kids’ and Parents’ Guides, Mini-Guides, Hero Bands—anything at all. All they need is this code that can be used at the checkout.

Wellbeing from you - paid forward!



School Parent Support GROUP

Is your P&C or P&F looking to support the school with some really awesome resources? Well, here’s the solution—it’s a win-win. Simply enter the code at the checkout and receive 5% off any purchase made. That’s a great saving which frees up funds for other projects.



School

Schools are always looking for practical, research-based solutions to the BIG social, emotional and learning resilience issues of children. From wristbands through to curriculum resources, we offer the BEST wellbeing solutions that really work.

More wellbeing from you—paid forward!



5% off code: PAYITFORWARD

The BEST Programs 4 Kids website has a wealth of information, resources and training. Why not head on over and see if we have a wellbeing solution from you. Make sure you read through the blogs, benefit from the free downloads and see the range of products and services we have on offer.

At BEST Programs 4 Kids, we are THE children’s wellbeing experts.

