



Press Play INSET – Course Content Breakdown

1. Personal Approaches to Behaviour & Self-Regulation

- **Overview:** key arguments affecting personal approaches to behaviour
- *What is it like to be taught by you?*
- Regulating yourself even when it gets tough (and the impact of dysregulated adults)
- Managing emotions that go from 0 to 100mph with self-regulation skills
- Making behaviour intervention neutral: separating negative behaviour from the child
- **The Research:** Pygmalion, adult expectations and the self-fulfilling prophecy
- Achieving true consistency

2. The Power of Positive Noticing

- Creating a culture of achievement through adult words
- Self-reflection: *How positive are you really?*
- Finding the positive attributes of your trickiest class member
- Relationship building through positive noticing
- Recognition vs bribery
- Quick wins for positive notes and effective recognition mechanisms

3. Managing Dysregulation and Disruptive Behaviour

- Understanding today's CYP, not yesterday's
- Addressing additional needs for a generation
- Implementing rules reminders, classroom support plans and managing serious breaches
- Managing tricky situations and making reasonable adjustments
- Recognising that your behaviour isn't to blame, but it *is* the deciding factor

4. Micro-scripting

- **Practical Skills:** best opening lines, counterintuitive approaches and advanced scripting for impactful consistency
- *Is there a place for grace?* Maintaining dignity for both the pupil and the adult

5. Next Steps & Action Planning

- Personal or group action plans
- Make a personal pledge and message Paul
- Exclusive access to additional resources

See below for a sneak peek at your PPI Task Sheet!

