

The Chimp paradox

At Featherstone Wood we use

'My Hidden Chimp' to support our

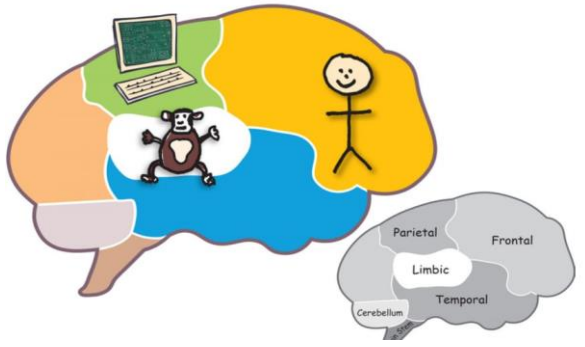
children in making positive behaviour choices and also develop healthy habits for life. The science behind the habits is discussed

in a practical way with exercises and activities, these are

completed as whole class assemblies by the class teacher. The

neuroscience of the mind is simplified for children to understand

and then use to their advantage.



My Hidden Chimp features easy to follow explanations and simple strategies to help children understand how their mind works. With ten habits to put into practice, such as smiling, saying sorry and talking about your feelings, children can work on managing their behaviour and emotions and understand why they sometimes behave and feel the way they do. Each class works through these strategies and they will often be referred to by adults and children throughout the school day. Since using 'My Hidden Chimp' we have seen a positive impact on behaviour for many of our children at Featherstone Wood, they have enjoyed the time given to help them discuss and begin to understand their own behaviour and the



impact that their emotions can have.

