Thrive Ambassador Hand Book



Hillary Primary School
2022/2023
Miss Roberts

Table of Contents

Timetable 1

What is a Thrive Ambassador? **2**

Roles and Responsibilities **2**

How to react to other children 3

VRF table **3**

How to keep yourself safe **4**

What to do if there is a problem 4

Notes 5



Notes

HOW TO KEEP YOURSELF SAFE

- Always work in a pair.
- If somebody is hitting, step back and tell a supervisor/teacher, do NOT try to stop them.
- If somebody shouts, walk away and tell a teacher/supervisor who is in the playground.
- Always talk to your dinner-lady if you are worried.
- Make notes of the people you helped.

WHAT TO DO IF THERE IS A PROBLEM

- Tell a Play facilitator
- People involved are not allowed to play again (just for that day)
- Use the other Thrive ambassadors in the playground to help
- Speak to Miss Roberts

TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday

WHAT IS A THRIVE AMBASSADOR?

Ambassadors are responsible children who wish to help others in the playground. This may be through being their friend, talking to them kindly, helping staff to do their job more efficiently, or simply being around to offer a helping hand with their problems in the playground.

This booklet is here to help you remember all of the information you need to help you to do your job effectively.

Miss Roberts is your Thrive Mentor and can be found in the Nest.

ROLES AND RESPONSIBILITIES

What we do	Why?
Help children to calm down	Lunch times can be problematic
Include everyone	Everyone has the right to play and feel safe
Be kind to everyone	It is only fair
Work as a team	This helps Everyone!

HOW TO REACT TO OTHERS

- Use a calm, helpful tone
- Loud enough to be heard but not shouting at people
- Remember, encouragement and praise is very important
- Have fun, be playful, caring and kind

VRF TABLE

1 Attune	Oh my goodness! (at the correct intensity)	
2 Validate	I can see …	… that you're kicking the wall … that your shoulders are hunched
	I can see …	… that your head is bowed … that you have tears in your eyes
	I can see …	… that your arms are crossed … that you are waving your arms around … that your face is red
3 Contain	I'm wondering if …	… something happened at home … something happened on the way to school … something happened in the dinner hall … something has happened with your friends
	I'm wondering if …	… you have a funny feeling in your tummy (volcano, fuzzy, tingly) … you
	I'm wondering if …	… you need a quiet space … you would like to go to the nest … you would like to talk to me privately
4 Regulate	Do:	• Reassure • Remain calm • Calm and soothe • Encourage steady breathing