

<https://vimeo.com/1093738723/54ec3f91d0>





Name: _____

What people like and admire about me, and what's important to me:

Talk

Respond

Play

Engage

Relax



five to thrive

How to use the Five to Thrive one-page profile



This is a simple, effective tool for personalising the Five to Thrive key activities. By always starting with the box entitled 'What people like and admire about me, and what's important to me' the process commences with positive reflections about the individual. The profile can be completed by parents, carers, and those who know the individual well and when possible it should involve the young person themselves.

The one-page profile (www.helensandersonassociates.co.uk) is a person-centred tool which can be used in various ways, such as support with new situations, experiences, people and places; supporting transitions; settling in; or just simply a way in which to provide consistent and responsive support to relax, interact, play, learn and communicate.

What people like and admire about me, and what's important to me:

Talk

To help me make sense of things / emotions, I find it best when adults... (methods of communication – words, pictures, examples, analogies, stories etc)

Respond

When I feel anxious, overwhelmed, stressed, worried, angry etc, the clues you can look for are... (body language, facial expressions / eyes, sounds, words, position etc)

Play

To help me to continue to settle and engage my social, playful brain, I like it when people... (non-verbal cues – facial expressions, tone of voice, humour, smile, gestures etc)

Engage

When I need an adult to connect with me to help settle me, soothe me or help me feel like engaging with the world around me, I feel most comfortable with... (eye contact, proximity, position, name used, words etc)

Relax

To help me find a greater sense of calm, adults could help me by... (people, spaces, places, sounds, views, objects, environment, rituals etc)

Vagal Tone Exercises

These can

happen anywhere

Everyone can
access them



Laugh

If you find something funny, and know that if you think of it, it will make you laugh that will get your vagus nerve on line.



Breathing

Use a breathing technique, for example box breathing. You breath in up one side of the box, then out across the top, in again down the side and out across the bottom



Nature

Going into a green space, listening to birds and listening to running water all calms your nervous system



Hum or sing

Because your vagus nerve starts in your throat singing and humming gets it working



Exercise

Getting your body moving is really helpful, it calms your nervous systems and sweats out stress hormones.



Senses

Use your hands to help you to look around and name one thing for each of your senses, e.g. name one thing you can hear

