

BUILDING THE FOUNDATIONS OF EMOTIONAL WELLBEING:

SCARF EARLY YEARS SUMMARY OF FINDINGS



Education
Endowment
Foundation

coram 
Life Education

SCARF

PROJECT OVERVIEW

Personal, social and emotional development is one of three prime areas within the early years foundation stage, but it connects the whole curriculum. Through positive relationships with adults, children learn what their emotions are, how to regulate them and how relationships with their peers work.

Emotional self-regulation strongly predicts children's later success in relating to others and to their learning and plays an important foundational role in development and maintenance of physical health and well-being for all children and across their lifespan.

Our programme aimed to develop and deliver content that promotes PSED including self-regulation: support staff to implement approaches that instil children's self-awareness, such as recognising or reflecting on their emotions, thoughts and strengths.

The programme aimed to provide practitioners, educators and pupils with year-round resources for PSED, underpinned by the skills, knowledge and attitudes to effectively manage their emotions. Every setting received a 90 minute staff session delivered online or in-person, a 30-45 minute CLE educator-led PSED workshop for pupils and access to our existing SCARF Nursery scheme of work.



1000+
CHILDREN
REACHED
THROUGH
THE
PROJECT



10 EARLY YEARS SETTINGS
IN SOUTH
GLOUCESTERSHIRE

STAFF TRAINING...

Our 90 minute staff training session was delivered in person for 7 settings and online for 3.

It included:

- An introduction to the programme
- PSED and COEL in Early Years
- Insight from a child perspective
- How chemicals affect the brain
- Making the most of 'in the moment'
- How to use SCARF /Workshop expectations

“Lots of usefully things on the website and from your team.

We have gained valuable knowledge which has built our confidence when supporting children to learn how to self regulate and understand the emotions they are feeling”.

FOLLOWING THE STAFF TRAINING...

% who felt very/fairly confident

83%

I feel confident to access the online SCARF lesson plans

"The trainers were wonderful and very friendly and informative! It was a really refreshing approach to PSED"

89%

I feel confident about using SCARF in the setting

"Fab training thank you!! Our children start with us at 2 years old, however lots of these children come to us developmentally younger, very little to no

89%

I feel confident to embed the activities into my practice

understanding/speech. And we have high numbers of EAL and SEN children. Fab ideas you gave just needs us to think about ways we can implement them"

STAFF TRAINING SESSION...



% who strongly agreed

100%

This training was well
delivered

94%

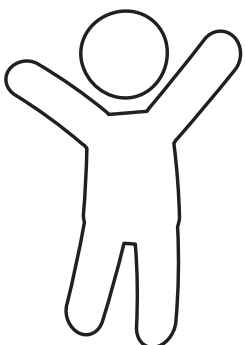
The content was
appropriate
(100% agree)

100%

The training was well
paced

100%

The training was the
right length of time



**100% would recommend this
training to a colleague**



Found most useful

“Learning how to access the portal and learning about how to help children in action/in the moment recognise their emotions”

“Found the whole training enjoyable/useful. Getting our team thinking about all the things we already do. And things we can do to add to our daily routine.”



“Loved the idea of having emotion baskets, allowing the children to pick once they come in”

“We have started to do regular yoga sessions and currently making pebbles and emotion baskets to allow children to let us know in their own time how they are feeling”

What will you embed into practice?

“To support the child during their sessions to self regulate and develop skills to manage their behaviour further.”

“Allocated day within our planning to focus on SCARF.”



“We will definitely be using the resources provided.”

“I can't do it YET.”

“Letting children sit with their emotions.”

“Harold the giraffe is now our comfort teddy during time to talk.”



WORKSHOP...



The workshop was developed specifically for this project and delivery was led by an experienced educator. It included bespoke films and animations.

The workshop aim was to model self-regulation through activities, films and song. Our Educator was joined by our mascots, Harold the giraffe, Kiki the Kangaroo and Derek the penguin. It was delivered in our inflatable classroom 'LifeSpace'.

WORKSHOP...



100%

The delivery of the workshop was very good/good

“It was amazing for the children who all responded well and also for practitioners to help them support children in a much more positive way.”

“We are always using the breathing techniques now with the help of our giraffe.”

91%

The educators modelling of self-regulation was very good/good

91%

The content was very good/good

“Activities were relevant, stimulating and interesting; holding children's interests well. Interactive, multi-sensory approach was very engaging for them.”

“It was perfect for the age range of children, engaging and the children went home and spoke about the workshop and what they had done today.”

100%

The workshop timing was very good/good

100% Would recommend the workshop

Harold the giraffe has already been used during circle times to revisit the learning from the workshop. Children remembered specific details, such as 'keep trying' with zips on coats and were proud to show adults.

Children enjoyed it, Becky was excellent with the children and it was a positive experience for the children and staff team.

Children had lots of fun and learnt at the same time.

The strategies are amazing and the children are super receptive to the workshop - it is aimed at the right level for all pre-school children and is totally inclusive.

The Life Space and educator engaged the children and provided new ideas and activities.

It was perfect for the age range of children, engaging and the children went home and spoke about the workshop and what they had done today.

We have found children are needing a lot of support with emotional development and self-regulation. The fact that these activities were delivered in such a child-friendly and appropriate level has helped the children to memorise them, and with repetition by us will hopefully become embedded.

Post Intervention

Were there any specific materials that you found useful?

“We found the resources very useful when looking at our planning around PSED, we also made emotion stones to use with the children when exploring our emotions.”

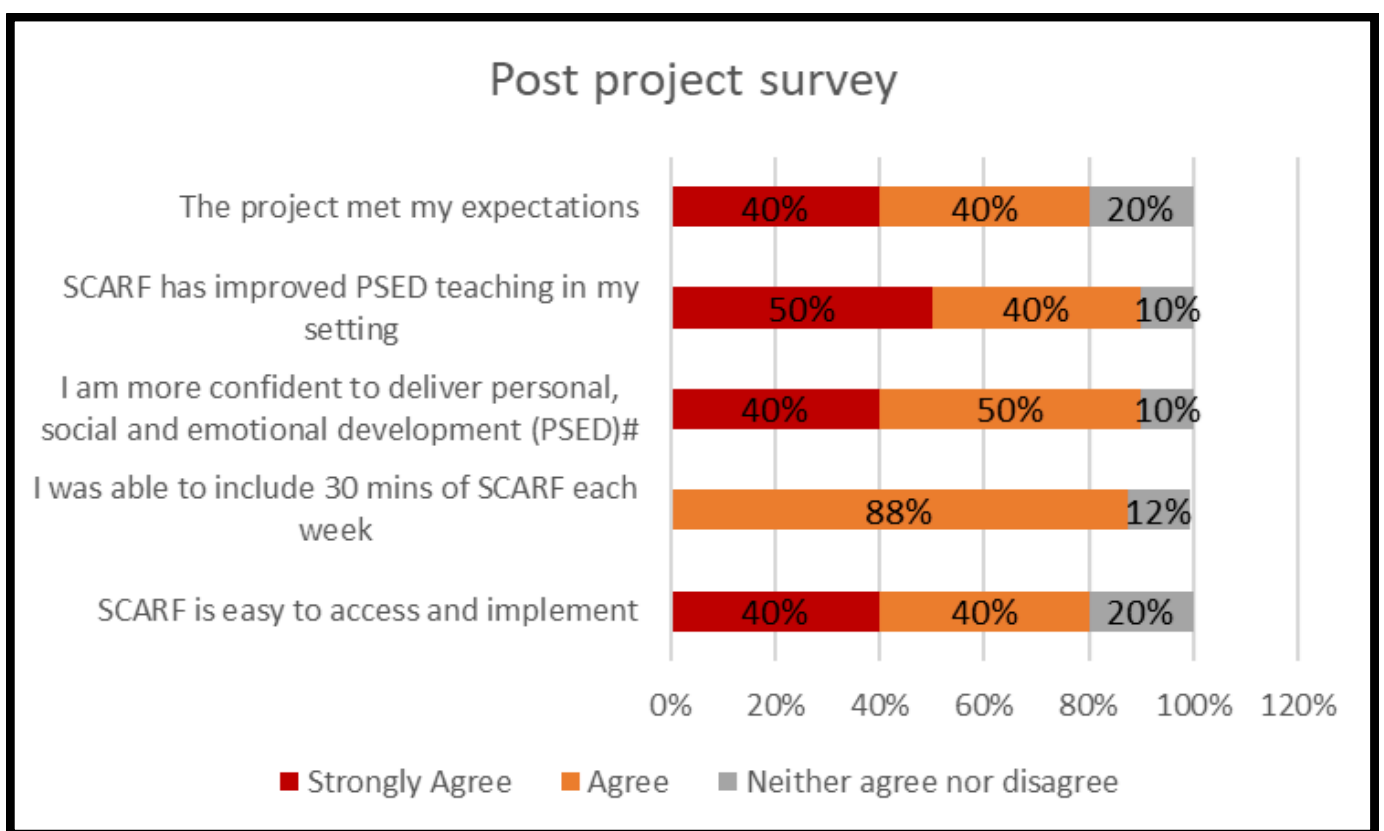


“My staff **LOVED** the emotions baskets and have been using them ever since we had the SCARF interaction. The children have really understood this activity and are doing this daily!”



Post Intervention

“We have prioritised our focus on PSE, building on the workshop delivered. Raised awareness amongst staff of importance of PSE and provided ideas and confidence for effective planned activities which support PSE development”.



“It generally supported our practice as we had been implementing the same activities for too long! Actually we found it inspired us to use some of our own resources in more creative ways to deliver PSE”.

Have you made any changes to your practice during/following the programme?

Team have made greater effort to make this part of embedded learning rather than seeing as something else they are trying to squeeze in

Use of language when supporting children.

We have created a much calmer corner in the room so that children can go there and reflect on their feelings. We have also applied the emotions baskets to our daily routine.

Being more mindful of what we do at circle time, not just focusing on specific areas like maths or understanding the world, but how we can use circle time for talking about feelings/emotions. It gave educators the confidence to giving key way into how to address these topics, staff to reiterate and encourage mistake making and perseverance.

The project was lots of fun and helped the children understand emotions.

Lots of usefully things on the website and from your team.
We have gained valuable knowledge which has built our confidence when supporting children to learn how to self regulate and understand the emotions they are feeling.

100% Would recommend Coram Life Education & SCARF to another setting

I think it a great way of getting children to regulate own emotions.

Friendly staff and a wealth of knowledge we have learnt/take on a lot from this training,

The project has been really interactive and has given us as a setting, the chance to develop our daily sessions by including the activities to make our children more independent.

Because staff found it inspiring and it increased our knowledge. We felt the Life Space added another dimension of learning which helped the children engage and understand. It was a fun experience for them. Everyone connected with Coram Life, was helpful and knowledgeable.

Valuable information which is easy to access and put into practice to help and support all the children and their families. All staff have benefited from and their confidence has grown.

It gave the staff the confidence to talk about feeling and emotions, particularly how to start these conversations with the children. The project reminded us to focus on encouraging resilience.

The staff and children have really benefited from having SCARF and the workshop given! We are having more of 'time to talk' with the children and it has opened up more independence for our children!

100% would
recommend SCARF
Early Years to
another setting



“The training and preparation were thorough and clearly linked to children's wellbeing and mental health, which are current issues in the sector. It has given practitioners within our setting the confidence and inspiration to deliver a broad and more effective PSE curriculum - as over time our PSE teaching had become quite narrow. We thought it was a lovely experience for our children, particularly as we are in an area of deprivation and many of our children have limited experiences. Parents were pleased that their children had this opportunity at preschool. Thank you”.

Coram Life Education & SCARF is the largest charity provider of PSHE education in the UK. We work with 1 in 6 primary schools, reaching 588,000 children through SCARF online resources for teachers, educator-led wellbeing workshops and teacher training.

Coram Life Education
41 Brunswick Square
London WC1N 1AZ
cle@coram.org.uk

Charity number 800727

© Coram Life Education 2024