



Team Teach Level 1



Day 1

08.30am - 09:30am

Introductions

- Objectives
- Accreditation and Development Team-Teach
- Aims, Psychology and Principles of Team-Teach
- **Activity:** Values

9:30am – 10:45am

Activity: Personal Space and Body Language

- Introduce Personal Space
- Circles of Danger
- Help Script (for service user)

10:45am -11:00am

BREAK & REFRESHMENTS

11:00am – 12:00pm

Activity: Development of Personal Safety

- Training Safely (Safety Messages)
- Warm up / partner protocol exercise
- Guiding and single person double elbow.

12:00pm -12.45pm

LUNCH

12:45pm -14:15pm

Framework for Positive Handling Techniques

- Legal and circular guidelines
- Health and Safety Act 1974
- **Activity: Warm up**
- **Recap of physical activities from the morning**
- Help Script (for colleagues)

14:15 – 15:30pm

Developing Behaviour As A Language

- **Activity:** De escalation scenario
- **Activity:** Behaviours that Challenge
- Stress and Conflict Spiral
- Stages of a Crisis
- **Activity:** planning around a specific child – Positive handling Plans
- **Issues following training**
- Quiz
- Closing questions and thoughts

More information from: changing-behaviour.co.uk

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