



## Additional training materials

Watch the short training video... <https://www.youtube.com/watch?v=s64iVIWb9zo>

Discuss the benefits of silence and time outs.

Do you think silence is a skill that could be encouraged in school?

How could you encourage a regular time for silence in school time?

Could your thoughts for the day or assembly time allow this?

What impact would a regular time out have on pupils...

- a) Well-being?
- b) Academic achievement?
- c) Behaviour?

Consider starting with short periods of reflection, gradually making them longer.

Consider using a visual stimulus (or auditory, for 'not silent' timeouts) to give something to focus on.