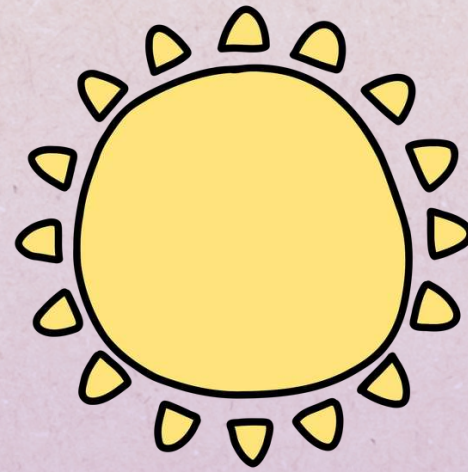


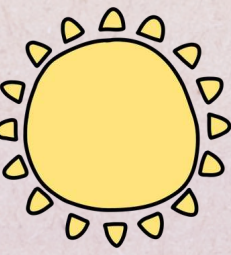


What *is* TGMC?

Parent introduction

Hello, my name is Jen Foster 🙌

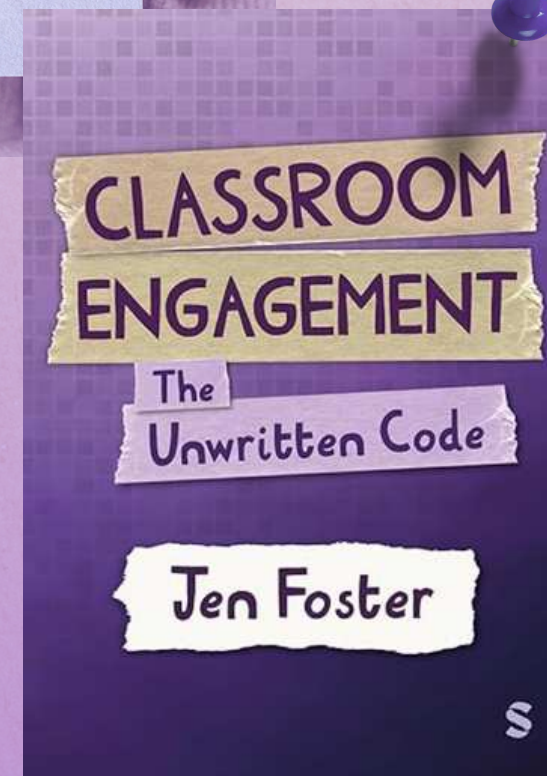
Founder of TGMC



Educator for 12 years
From YR - Y6
In Leadership for 10 years



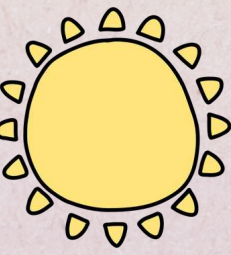
2 x best selling author



5 Star Podcast
Behaviour Besties

International trainer





Hello, my name is Jen Foster 🖐️



What we work to support

- 1 in 5 children are experiencing mental health difficulties
- 15-20% of children are Neurodivergent
- We are facing the highest % of persistent absence (20% of pupils)
- We are at an all time high for permanent exclusions and suspensions in the UK
- There is a significant challenge in teacher retention
- 21% rise in homeschooling

What we work to support

Children and adults feeling better in day to day life

Do the best you can until
you know better.

Then when you know better,
do better.

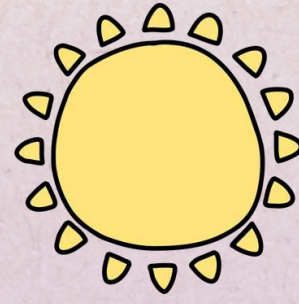
-Maya Angelou



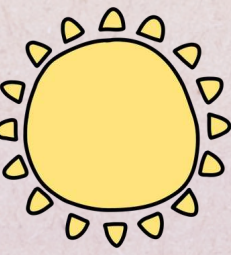
EMILY QUONES.COM

What we work to create

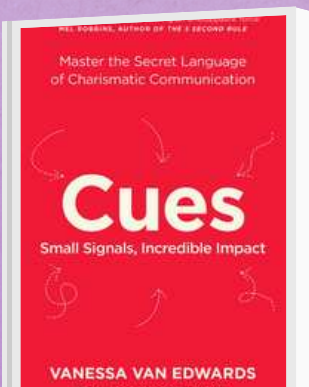
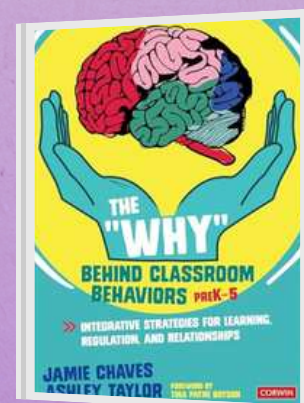
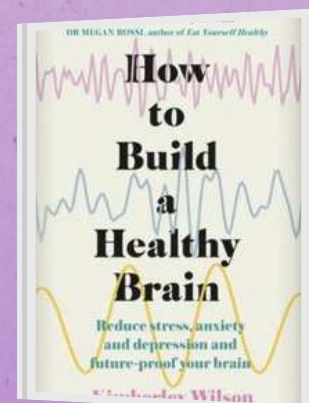
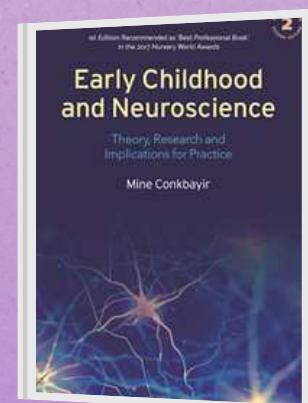
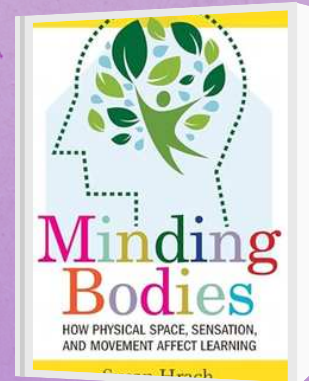
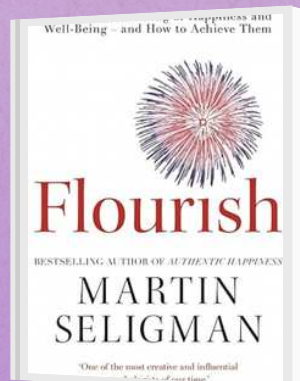
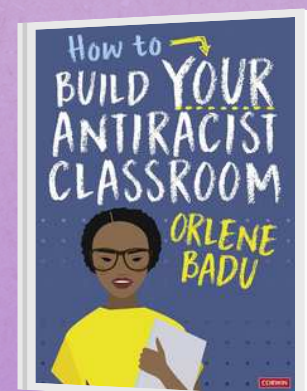
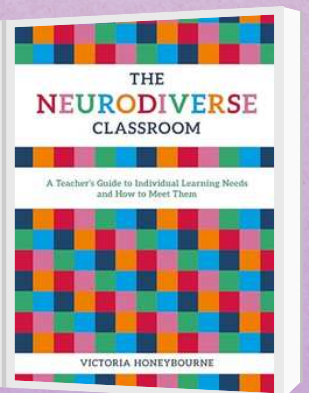
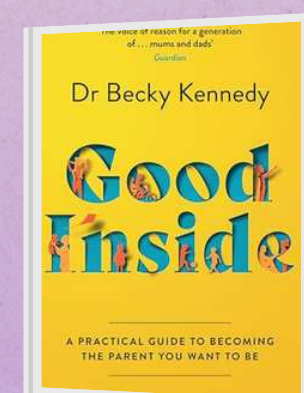
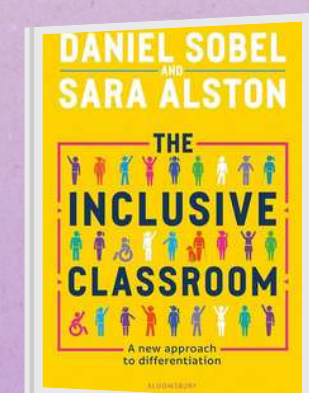
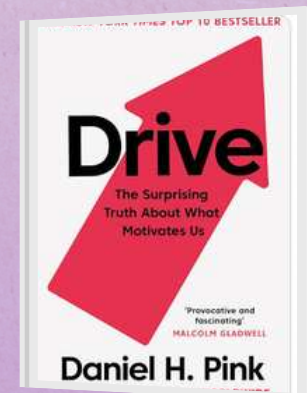
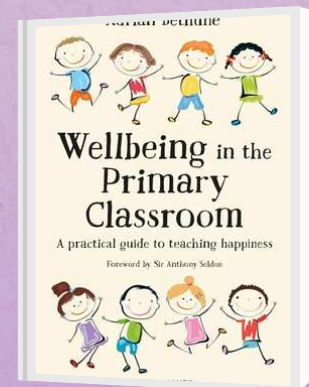
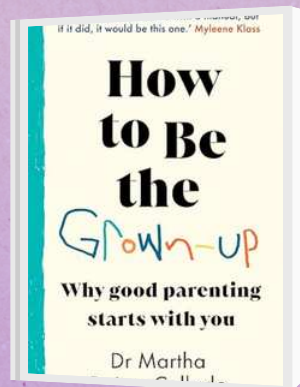
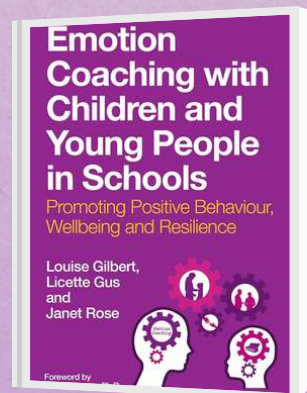
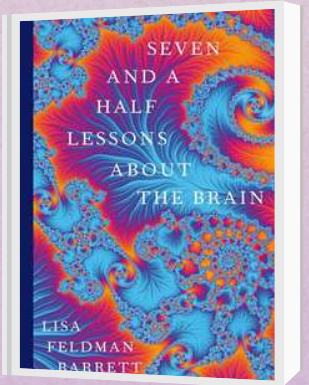
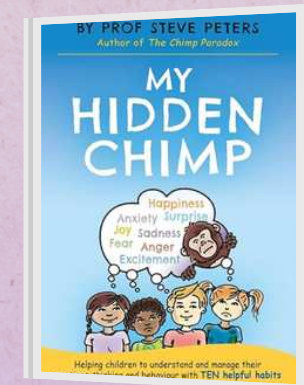
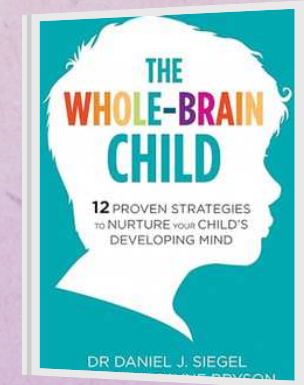
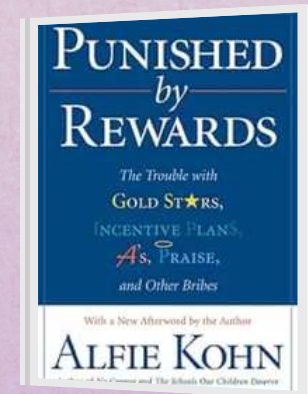
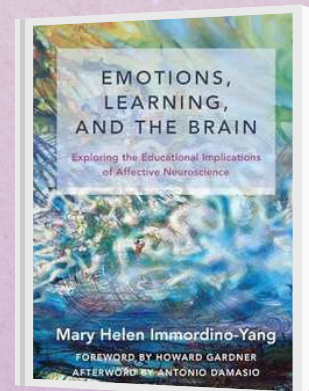
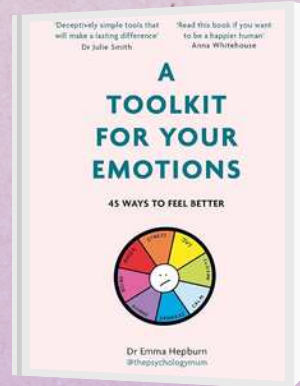
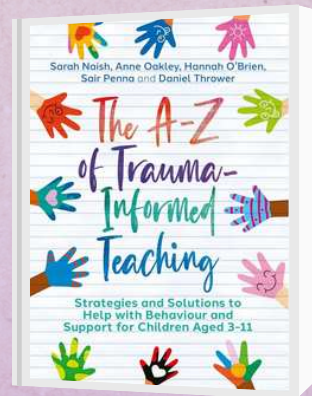
Alternatives to broken strategies and negative cycles

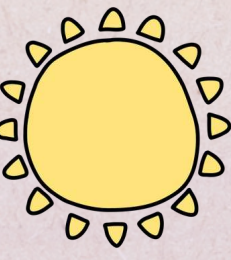


TGMC stands
for
The Good Morning Club



The approach is always based in research, never hearsay!





Meet our Brain's Animals

Our Octopus =
Prefrontal Cortex

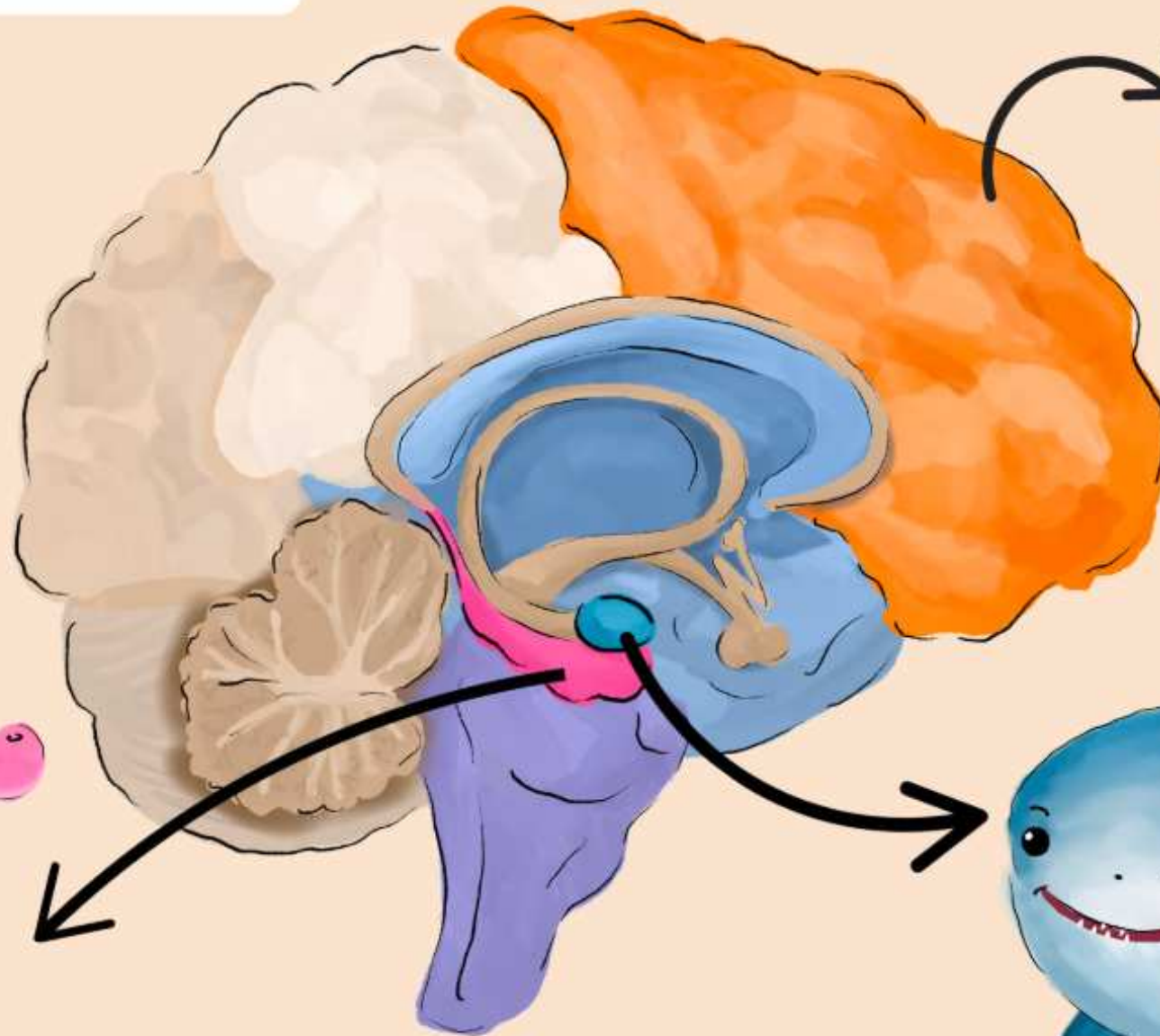


Our Seahorse =
Hippocampus



Our Shark = **Amygdala**

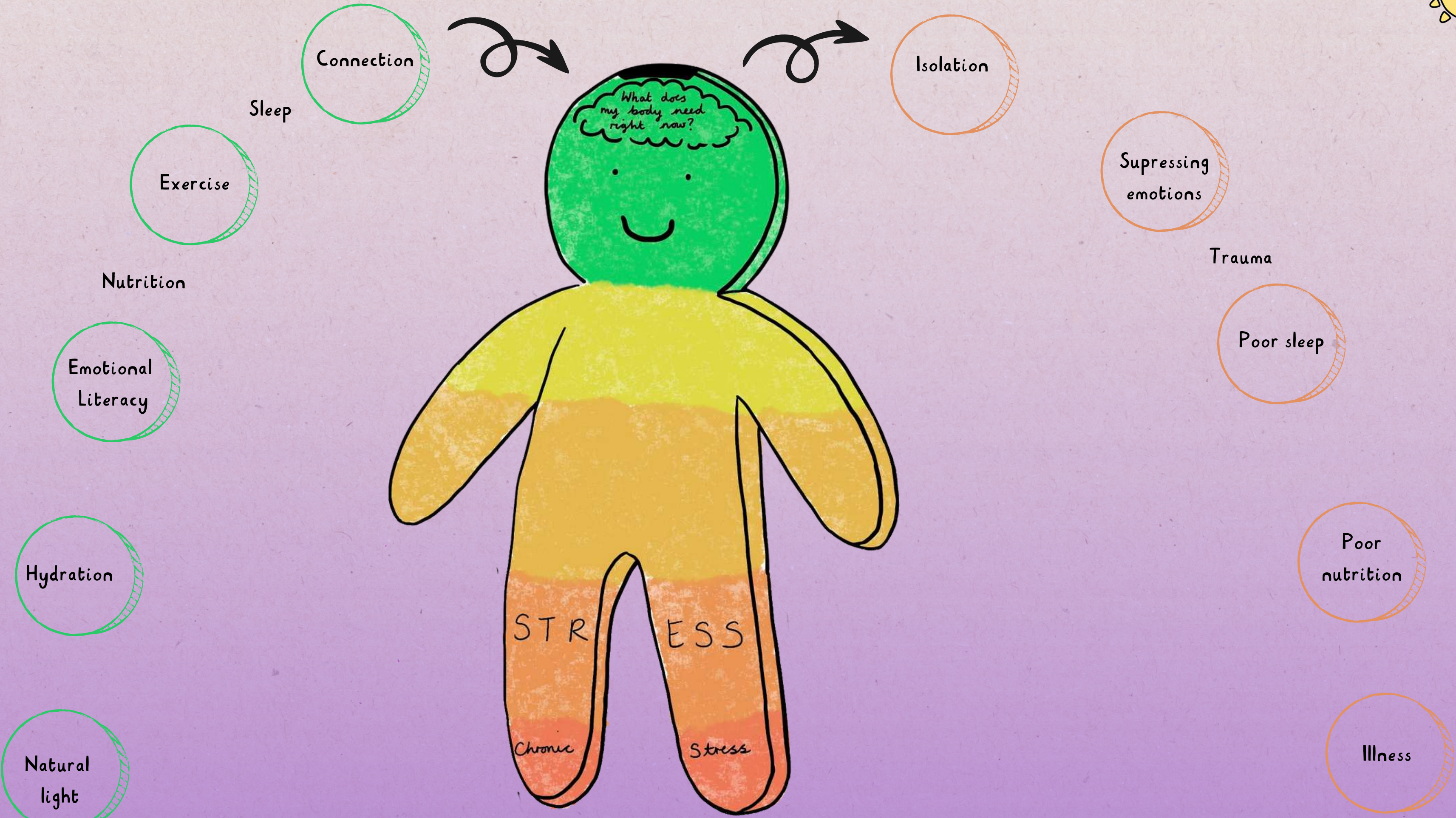
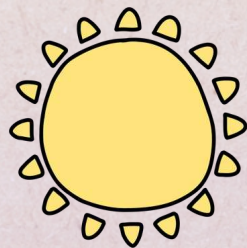
(Our Alarm System) 🚨



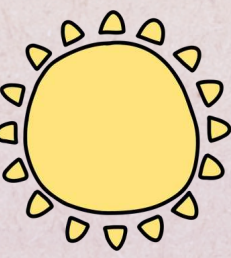
Deposits

The body budget

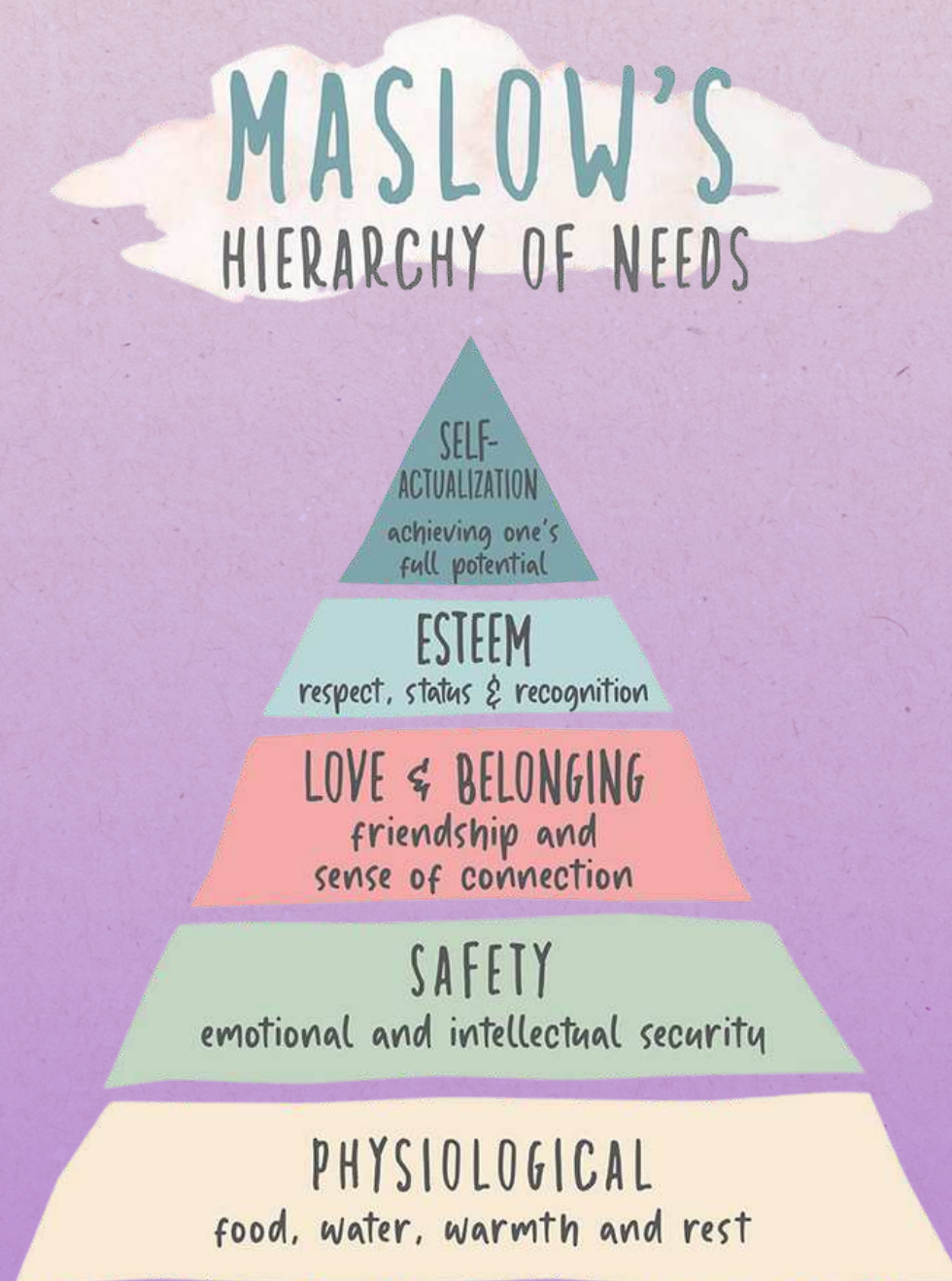
Withdrawals



Why can't they JUST behave?!

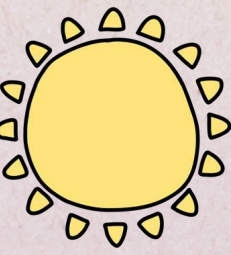


A child does not choose their behaviour. They are tiny humans with BIG emotions. Behaviour is a communication of an unmet need - sometimes it can be really tricky to figure out what it is, but it will always be about an unmet need/ overwhelming feeling



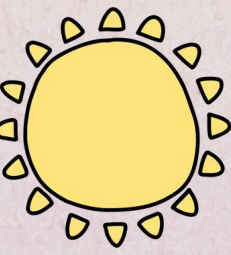
dysregulation!

This is



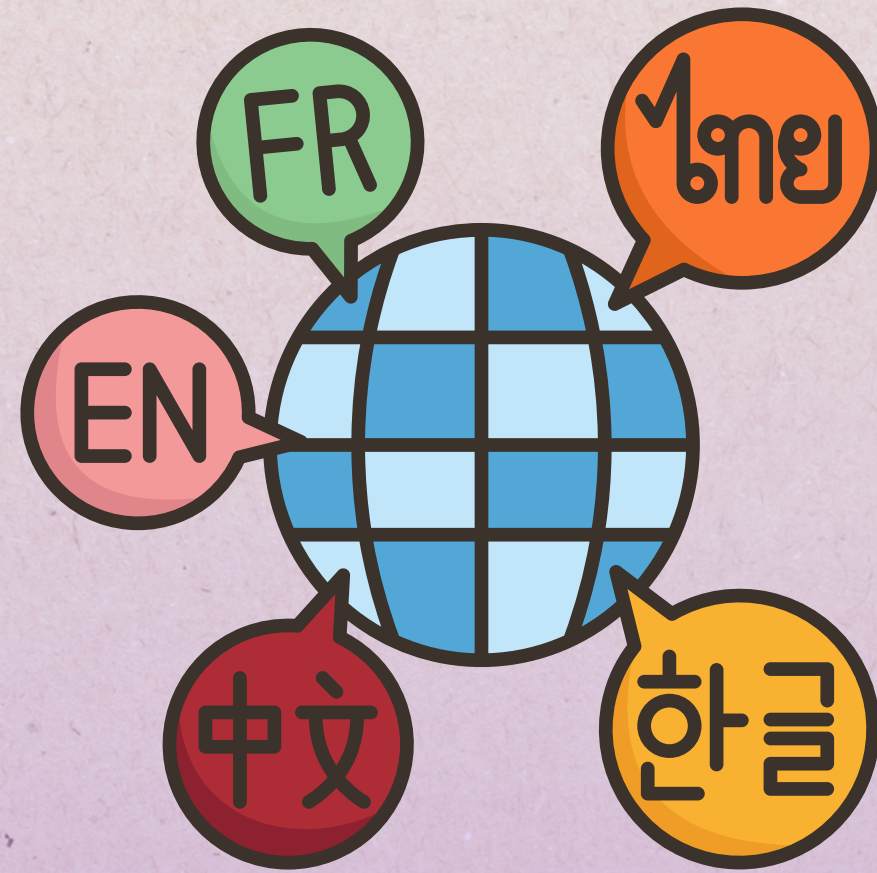
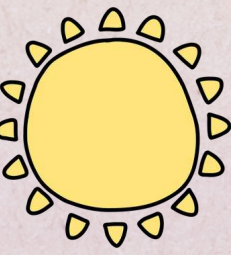
When our children present with the temper tantrums and shout, scream, hit and kick - when we feel like the whole world is watching, it is very easy for us to become dysregulated - because we feel unsafe, our self-esteem takes a battering and let's be honest, we feel like we are stuck and backed into a corner. We then try to take control - but we are not ready to if we are not regulated.





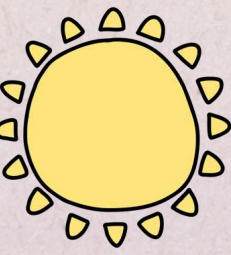
So what can we do?

We use researched backed strategies - because they are
proven to work! TGMC is the place to go...



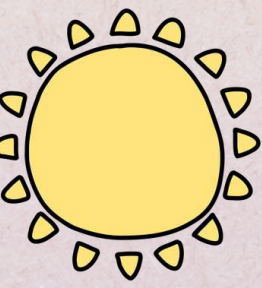
Think of us as behaviour Duolingo

We translate behaviour into what it is communicating so we
can apply strategies that ACTUALLY work. We translate
complex research into everyday practise.

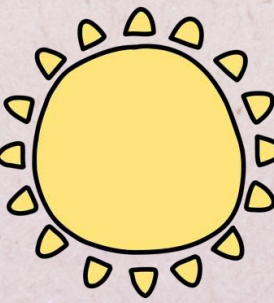


When we do this. It doesn't just help adults in those moments.
It supports children to **THRIVE** in their overall wellbeing and learning.

You might think it's this...



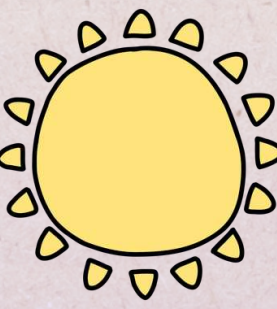
Pssst - it is not this!



TGMC is ...

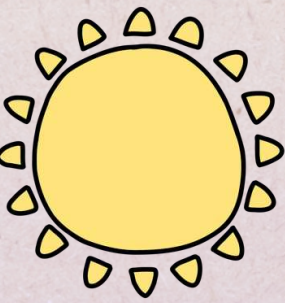
The world's first online behaviour encyclopedia

We Demystify and Deliver

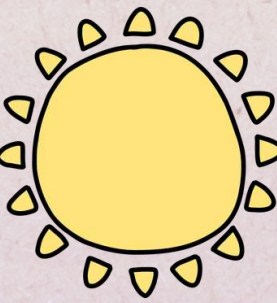


It is in 84 countries





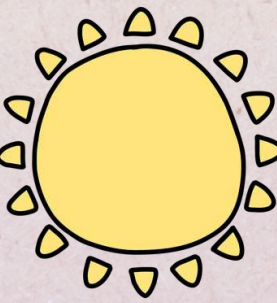
The mission is simple
Everyone thrives when the strategies work



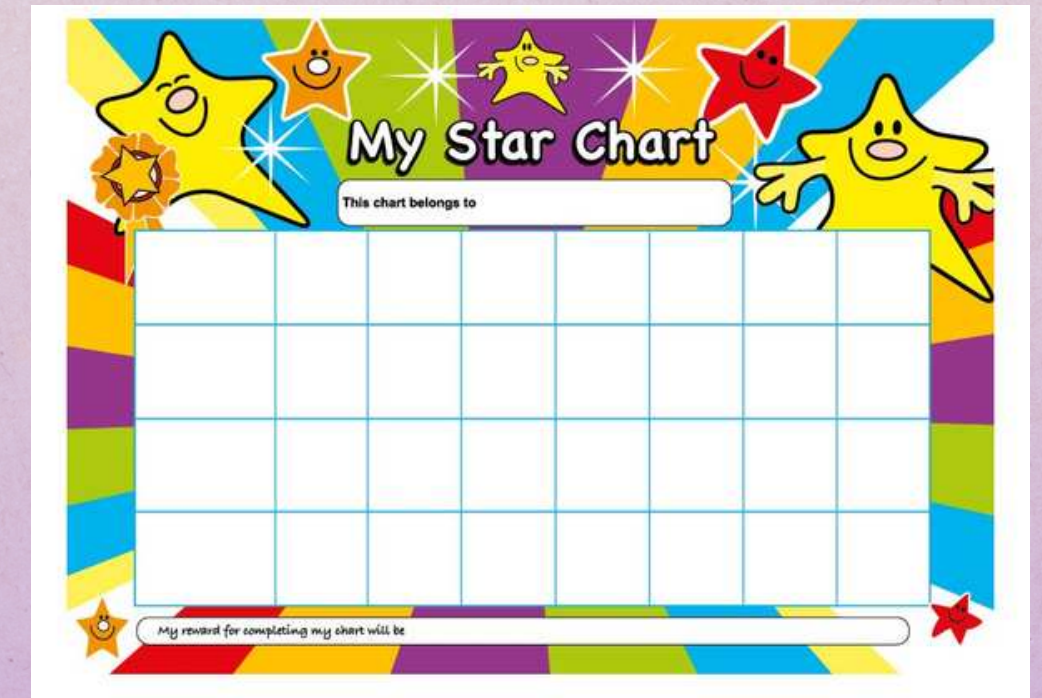
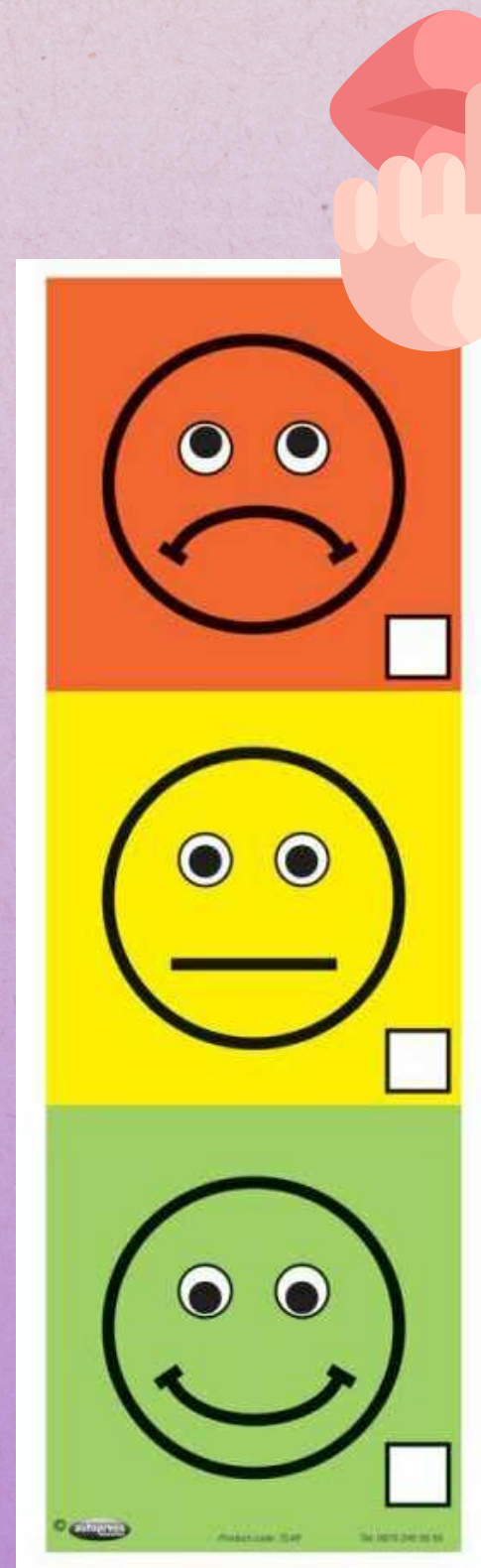
TGMC in 5 lines...

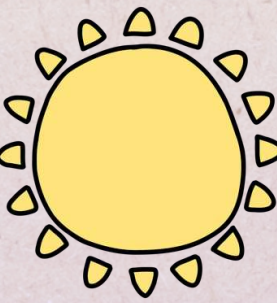
- Curious not Furious
- Regulate to Educate
- Connection over Correction
- Connect the Dots
- Theorise and then Systemise

The problem was...

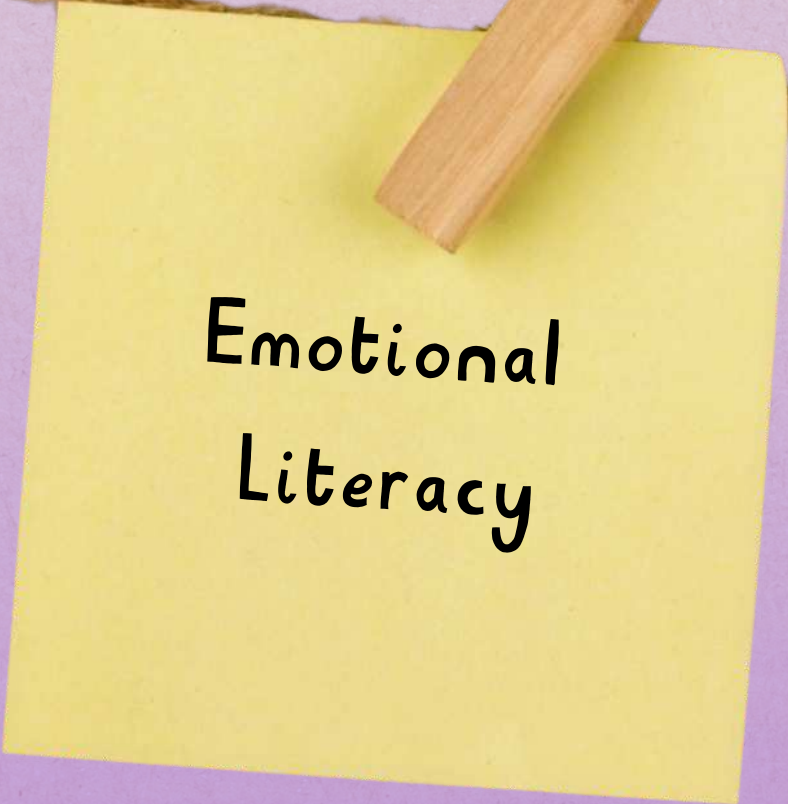


What we are taught about behaviour doesn't work





What can we do then?



Emotional
Literacy



Engagement



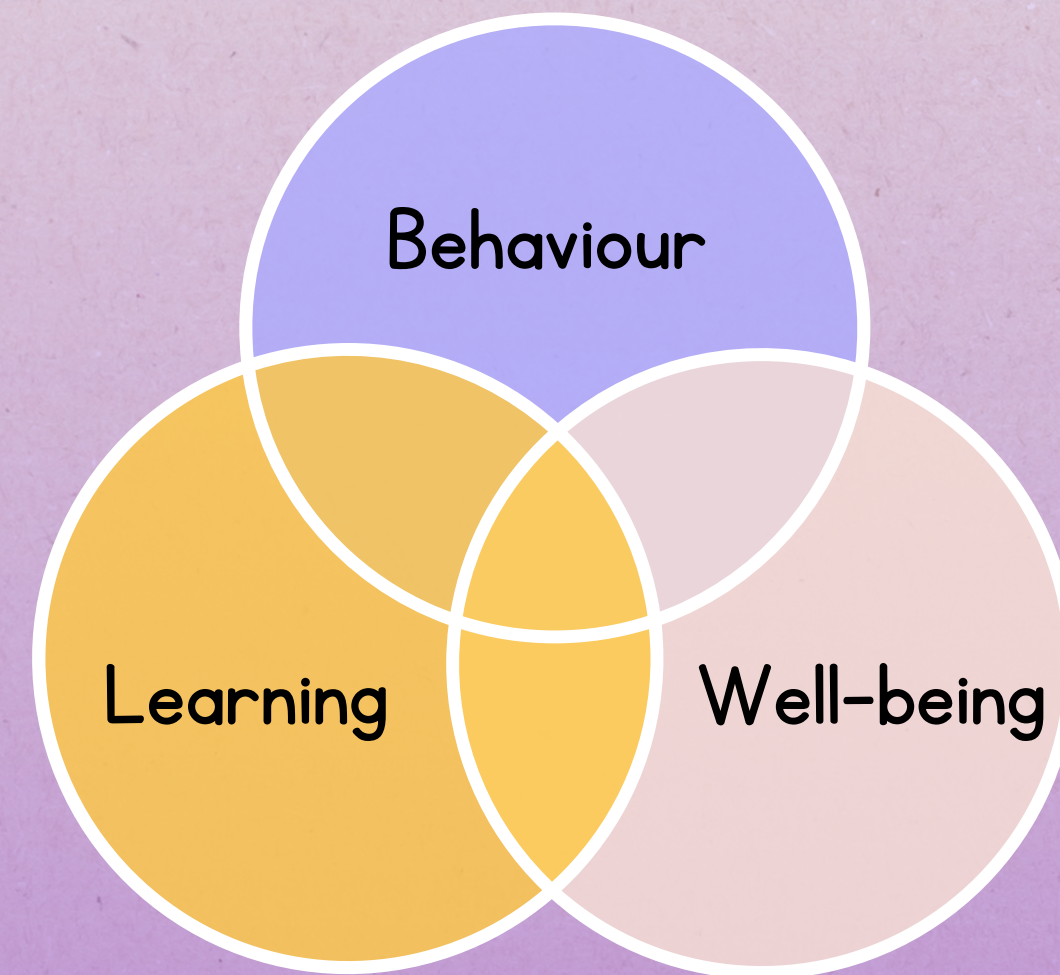
Co-regulation

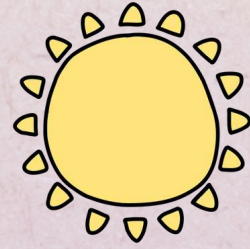
Traditional vs TGMC

Behaviour

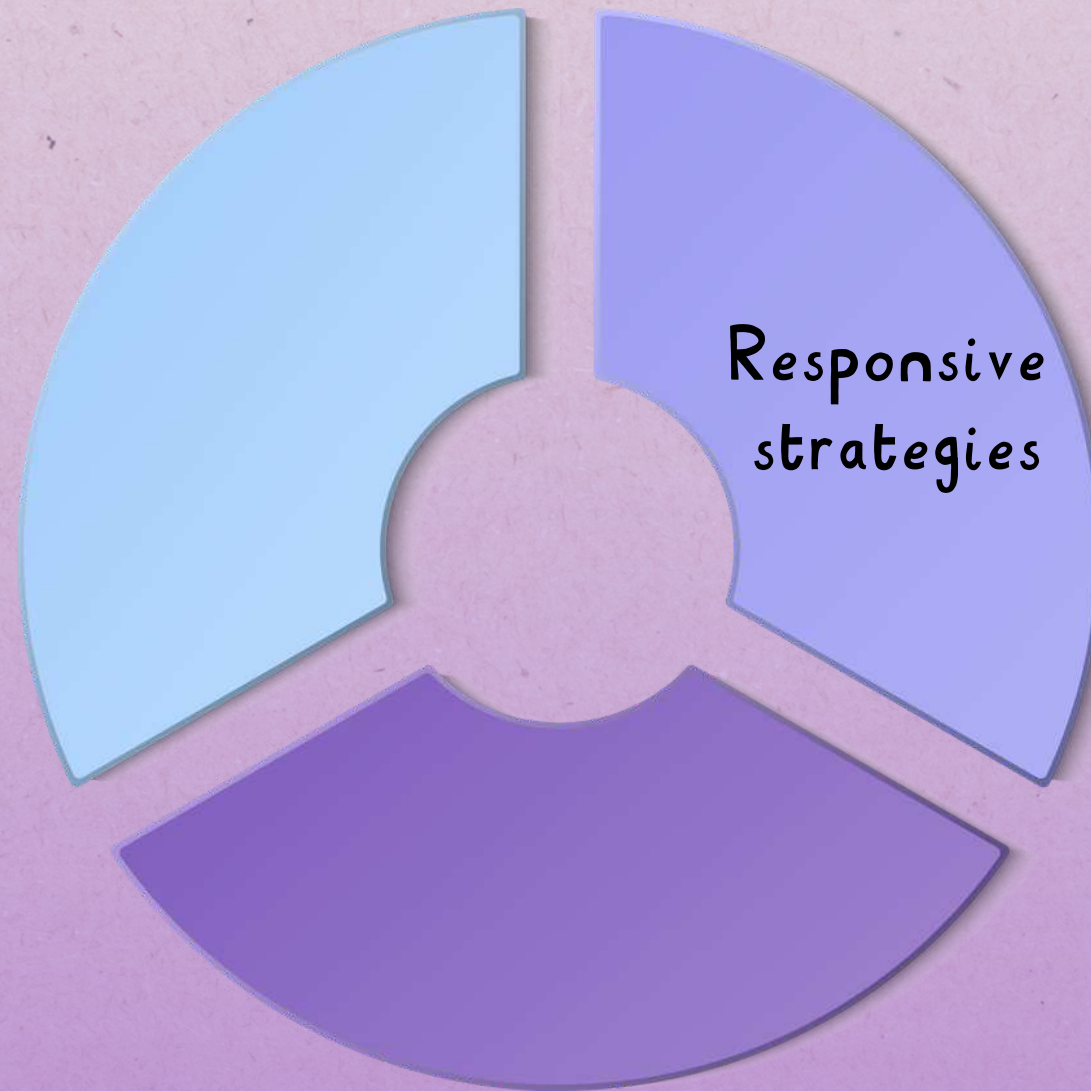
Learning

Well-being



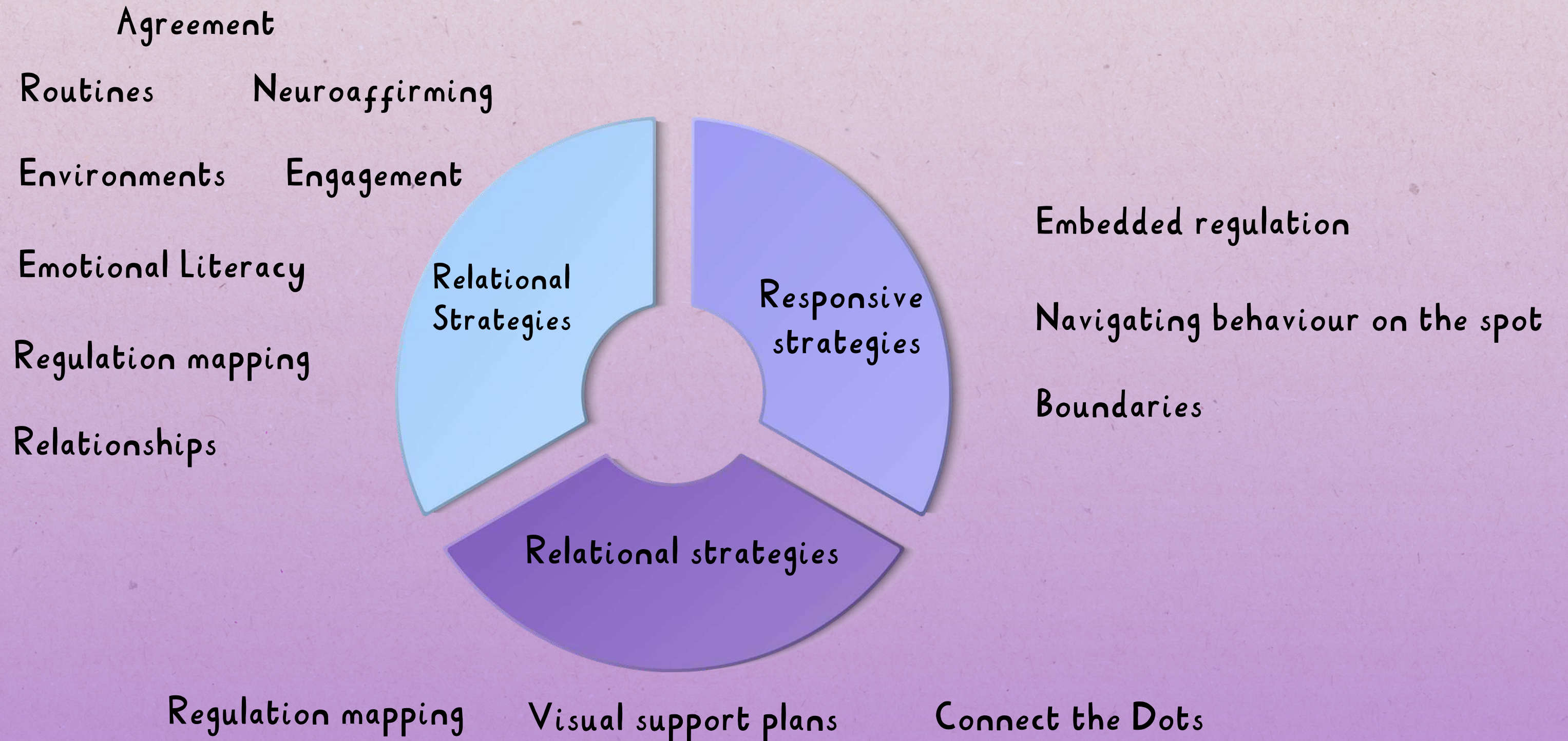


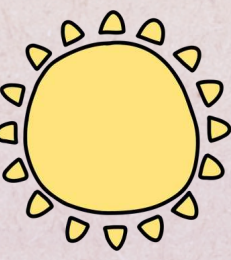
What does it look like in most schools..



Managing behaviour on the spot

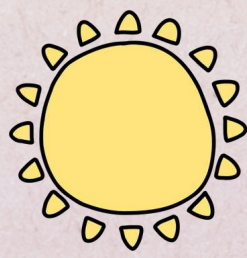
In your child's school





As a TGMC school you have access to...





And...

Welcome to the Digital Backpack

Your Learners Wonderlab

What are you looking for today?



I need downloadables



I need to energise



I need to focus



I need to celebrate



I need to connect

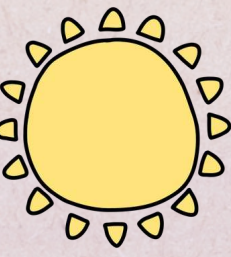


I need calm



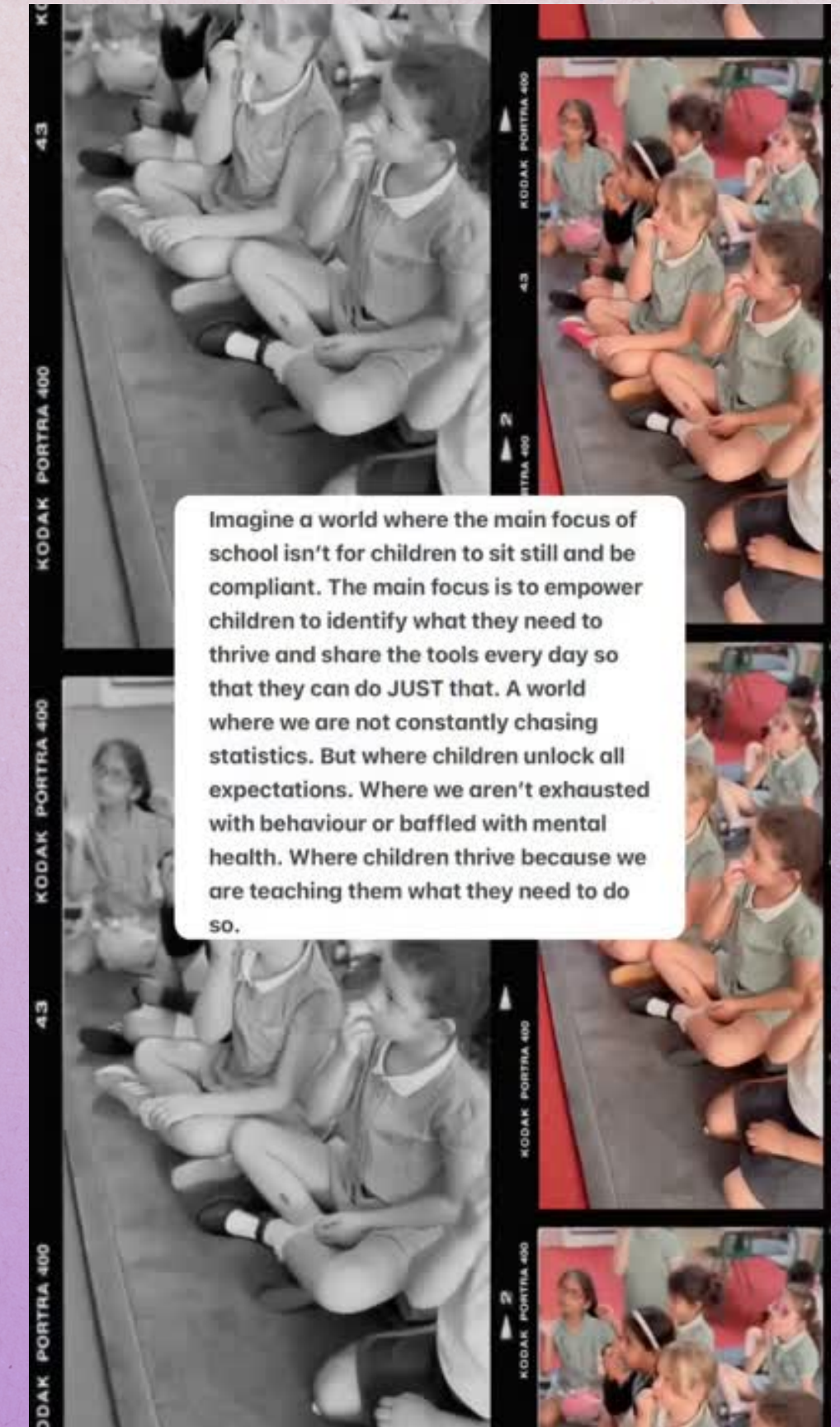
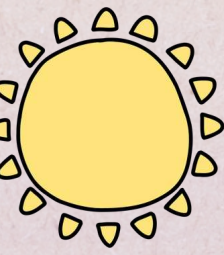
I need help

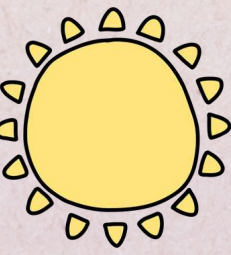




**WHAT WORKS
ISN'T TEACHING
SELF-
REGULATION.
IT'S GIVING
CHILDREN
EXPERIENCES OF
CO-REGULATION
OVER AND OVER
AND OVER AGAIN.**

Welcome to the movement





What next?

Any questions you have you can share with your parent reps and TGMC leads - these will be passed on to me.

Follow along

Instagram: @goodmorningsfosterltd @_thegoodmorningclub
Listen in to: Behaviour Besties