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## YSGOL OWEN JONES

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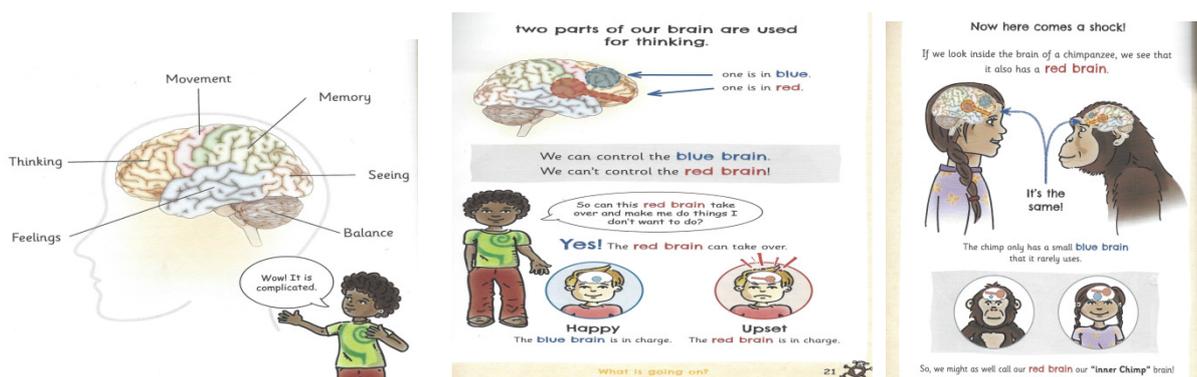
Dear Parents,

As a school we are always looking for ways to support and help our pupils academically, socially and emotionally. We have therefore decided to look at the way we are managing behaviour and helping to educate the children on how to manage their own behaviour. There are many different strategies that can be used but after looking at different approaches we have decided to use the Chimp Management Mind Model created by Professor Steve Peters.

The children have been introduced as a whole school to the Chimp Management Mind Model by Professor Steve Peters. He is a consultant psychiatrist, specialising in the functioning of the human mind. He has worked with many famous sports men and women, including Sir Chris Hoy, Steven Gerrard, Victoria Pendleton. His book, 'The Hidden Chimp' was used as a basis for the presentation given to the children and a copy of this can be found on the school website.

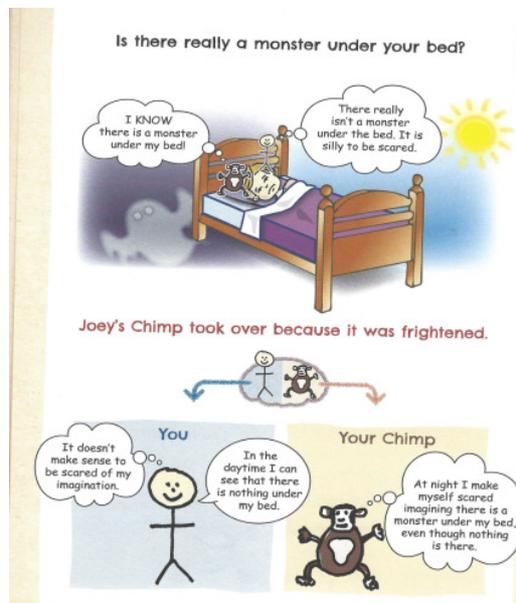
### Purpose of the Chimp Management Model.

The children were given some background information as an introduction, which included a brief explanation of how the brain works. The diagrams below were used to explain this.



The children were given examples of situations when the chimp brain takes control in order for them to help identify when this is happening. This recognition is an important stage to enable the child to then take responsibility and control of a situation.

Here is an example of the human and the chimp in conflict.



The children were shown the types of behaviours that are recognised with the chimp brain, with feelings such as worry, sadness, shyness, being grumpy, mean, crazy. They also looked at the feelings and behaviours associated with the human brain such as feeling confident, being loving, helpful, serious, calm, considerate and sensible. There are also times when the chimp and human brain are in agreement during times of being happy, funny and playful.

The chimp brain is the first to respond and is 5 times more powerful than the human brain.

### **How it works**

The key to being happier, competent and successful is in learning to manage the chimp brain.

For children they follow a 3-step process.

1. To acknowledge that the chimp brain has taken over. Then, to say 'Stop!' to the chimp.
2. To say 'sorry' to whomever they have upset.
3. To try and do something nice to put things right again.

In addition to the above 3-step process the children have been introduced to 10 habits that will make themselves and others happier.

These included:

- |                                |                                          |
|--------------------------------|------------------------------------------|
| 1. Smiling                     | 6. Showing good manners                  |
| 2. Saying sorry                | 7. Trying new things                     |
| 3. Being kind to someone       | 8. Accepting when 'no' really means 'no' |
| 4. Talking about your feelings | 9. Learning to share                     |
| 5. Asking for help             | 10. Doing what you have to do            |

Within their classes they will be working on 2 of these habits at a time and building them up. We will let you know which ones are the targets in class so that you can reinforce these habits to enable your child to make quicker progress.

Each class also has a display which prompts them to recognise their behaviour if needs be and to take action with support to manage their chimp brain. This has replaced the 'Traffic Light' system that the school has used for a number of years.

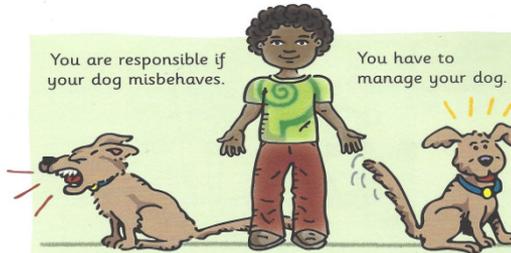
As a school we feel it is important to show the children that as adults we too have times when the chimp brain takes control and so we too model using the 3-step process above. We are all learning this together.

## Questions you may have

### **What if my child shows chimp brain behaviour but uses it as an excuse for their behaviour?**

The children have been shown that managing their chimp is similar to managing and training a dog.

Managing your Chimp is like  
owning a pet dog.



It is up to **YOU** to manage your Chimp  
and not use it as an excuse.

Your Chimp is part of you.

### **How can I help my child at home?**

The model we have used in school is based on the books written by Professor Steve Peters, you may like to read further into this area yourself. Each class also has a copy of the Hidden Chimp in their class if you would like to look through it.

#### **Texts by Professor Steve Peters**

- 'My Hidden Chimp' Professor Steve Peters. (A child friendly version)
- 'The Silent Guides' Professor Steve Peters. (To help adults understand about their own behaviours and habits and offers support to parents and teachers to help children)
- 'The Chimp Paradox' Professor Steve Peters.

We are very excited by this new approach and so far, the children have responded extremely well. We look forward to sharing more information with you regarding this approach over the coming months.

If you have any further questions, please do not hesitate to speak to a staff member.

Yours sincerely

Mrs Wynn (Nurture Lead)  
Mr G. Caughter (Headteacher)

Welsh Network of Healthy School Schemes



Cyffwrdd Ysgolion Iach - Rhewydwith Cymru



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