

The Connection Kit

Connection First – Everything Else Follows

For Youth Provision



WHAT IS THE CONNECTION KIT?

“Understand how they tick & connect where it counts”

The Connection Kit is a practical toolkit for parents, educators, and professionals who want to better understand how children engage, respond, and regulate and to connect with them in ways that truly stick.

At its core, this resource helps adults tune into the child in front of them, their thinking style, emotional needs, and the strategies that help them thrive.

WHAT'S INSIDE?

PROFILE QUESTIONNAIRE

A gentle, observational tool inspired by multiple intelligences, sensory integration, and regulation models. This helps you identify a young person's natural way of engaging with the world through story, logic, movement, visuals, or hands-on learning.

CONNECTION PROFILES

Four profiles;

BIG PICTURE MINDS **HANDS-ON PLANNERS** **EXPRESSIVE SPARKS** **PATTERN SEEKERS**

each with insights into what makes them tick and how to build rapport, trust, and engagement.

EMOTIONAL SUPPORT GRID

See how each profile may present when dysregulated and find tailored strategies to support connection, co-regulation, and recovery.

THE ACTIVITY LIBRARY

A rich bank of creative, movement-based, and story-led activities to support engagement, emotional development and wellbeing, all matched to profiles and the young person's emotional state.

Categories include:

Emotion Activities *Interoception* *Friendship & Kindness* *Resilience & Self-Worth*
Stories & Clips *Conflict Resolution* *Therapeutic LEGO®* *Yoga & Movement* *Transitions*

BOOKLISTS FOR CONNECTION

Curated story recommendations by age, learner profile, and emotional state — helping you use stories as powerful tools for reflection, expression and connection.

WHY IT WORKS

The Connection Kit makes regulation, resilience, and learning feel natural and achievable. When children feel understood, emotional development becomes a **relationship-driven process**, not a behaviour-managed one.

This is not a behaviour tool.

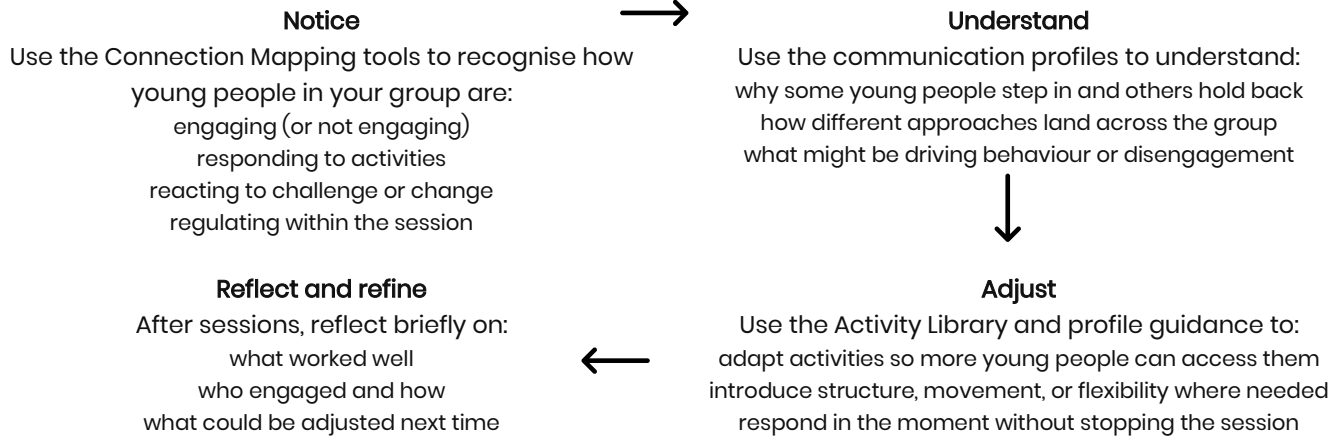
It is a **connection tool** — grounded in the question:

“How does this child experience the world, and how can I meet them there?”

FOR LEADERS

HOW THE CONNECTION KIT WORKS

The Connection Kit gives you a simple, structured way to understand what's happening in your sessions – and know what to adjust.



Over time, this builds a clearer picture of your group – and stronger, more consistent delivery.

WHAT THIS CAN LOOK LIKE IN PRACTICE

You're not creating separate plans or running multiple approaches. Instead you are:
using one activity in different ways
creating multiple entry points
adapting in real time
improving sessions without adding more

IS THE CONNECTION KIT A ROBUST APPROACH FOR YOUTH PROVISION?

It is a structured, evidence-informed framework that supports youth settings to understand how children and young people engage, respond, and regulate – and to adapt provision in a way that is inclusive and accessible.

Settings using The Connection Kit can demonstrate:

- a clear understanding of group dynamics and individual needs through observation
- provision that is adapted to different communication and regulation styles
- inclusive practice that supports a wider range of young people to take part
- consistent approaches across staff and sessions
- reflective practice, with ongoing review and refinement

Outcomes supported by The Connection Kit include:

- improved engagement and participation
- increased confidence and sense of belonging
- stronger relationships between staff and young people
- improved emotional regulation within sessions

Why this matters:

The Connection Kit supports settings to move beyond trial-and-error delivery. It provides a clear, shared approach that strengthens:

- inclusive practice*
- staff confidence*
- the ability to reach a broader range of young people*

As such, it offers a credible, practical way for youth provisions to evidence meaningful impact in inclusion, wellbeing, and engagement.