

ABOUT US



Our founder and creator of resources and programs Yasmin Shaheen-Zaffar is a B.A.C.P registered young persons & adults creative counsellor. Through her company Watoto Play her mission is to make therapeutic psychoeducation accessible to all with a focus on stress reduction and trauma prevention.

She draws not only from her professional expertise but also from her lived experience of learning differences and previous challenges within education. If you would like to learn more please get in touch.

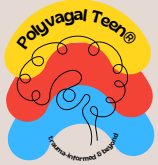


Want this for your school?

- An Improved Classroom Climate
- Increased Understanding of Student Behaviour
- Better Strategies for Managing Difficult Situations
- Less Staff Burnout?

GET IN TOUCH

 hello@polyvagalteen.com



OUR PROGRAM

Our schools **Polyvagal Aware Classrooms** program is designed to help teachers, school staff and senior leaders understand the benefits of creating a polyvagal aware "trauma-informed approach and beyond" ecosystem. With this knowledge diffused to your students and the wider community.

Polyvagal Awareness provides a revolutionary understanding of the nervous system, helping unravel the underlying basis for our behavior and feelings. We provide this information by creating resources that are engaging and make this learning easily accessible to young people, families and the neurodivergent individual.



What benefits of our programme offer you?

- Improved student engagement
- Increased understanding of student behavior
- Improved classroom climate
- Increased resilience in students & staff
- Enhanced academic & personal bouncebackability in students
- Improved social emotional learning skills
- Increased self regulation skills in students
- Improved engagement with the neurodivergent individual

Is it important for your school to dismantle barriers to learning and create an environment where students feel safe, connected, and engaged in learning?

We strongly believe that by understanding the science behind our nervous system, teachers will be better equipped to manage student behavior with compassion whilst still providing structure and guidance.





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Benefits of our program include:

- Improved student engagement
- Increased understanding of student behavior
- Improved classroom climate
- Increased resilience in students & staff
- Enhanced academic bouncebackability in students
- Improved social skills
- Increased self-regulation
- Improved engagement
- Improved neurodivergent

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WANT TO LEARN MORE?

OUR PROGRAM

Our schools "Polyvagal Aware Classroom" program is designed to help teachers, and senior leaders understand the benefits of applying a polyvagal aware trauma-informed approach to the schools nervous system in classrooms. So they are able to share knowledge with their students.

Our resources provide a revolutionary nervous system, describing the underlying our behavior and feelings. We provide information by creating resources that engaging and make this learning easy to young people, families and the neurodivergent individual.

empowering teenagers

Do you want this for your school?

- Improved Classroom Climate.
- Increased Understanding of Student Behaviour.
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