



Children come with a variety of temperaments (personalities) that influences their emotion, attention, and behavior.

Meet the *INSIGHTS* Kids



***INSIGHTS* into Children's Temperament is an evidence-based social/emotional learning intervention that improves children's behavior and their academic achievement**

Now you, too, can learn the *INSIGHTS* strategies that have proven to be effective. *INSIGHTS* Intervention offers teachers and other school personnel a two-day workshop that:

- Teaches participants how to recognize the various temperaments of children;
- Provides a repertoire of evidence-based, yet, practical strategies that are tailored to fit different children's personalities; and
- Enhances collaboration among school personnel and parents in resolving children's behavior problems

Other available workshops include a parenting program and one that trains school personnel how use the *INSIGHTS* curriculum materials.



Gains from *INSIGHTS* included: ↘

INSIGHTS has been tested in three federally funded randomized clinical trials. Our most recent study included schools that were randomized to *INSIGHTS* or to a reading program.

For children in *INSIGHTS*:

- Higher reading achievement
- Higher math achievement
- Greater sustained attention
- Fewer disruptive behavior problems

For *INSIGHTS* classrooms:

- More teacher emotional support of students
- Better classroom organization
- Better student engagement
- Less student off-task behavior

For children with shy temperaments:

- Higher math skills
- Improved critical thinking
- More classroom engagement

For children with high-maintenance temperaments:

- Better student-teacher relationships
- Fewer disruptive behavior problems
- More classroom engagement
- Less off-task behavior

For children with ADHD:

Successfully treats children with ADHD without the use of medication

Long-term effects:

- Fewer special education services
- Sustained language arts skills through 4th grade



To bring *INSIGHTS* to your school district or community, contact:
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More information at insightsintervention.com