



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

Meet the **INSIGHTS** Kids

Coretta

Gregory

Frederico

Hilary



- **Corretta the Cautious** is shy
- **Gregory the Grumpy** is high maintenance
- **Freddy the Friendly** is very social, and
- **Hilary the Hard Worker** is industrious

The INSIGHTS kids are featured in an evidence-based emotional learning intervention, *NEW INSIGHTS into Children's Temperament*, that improves children's academic achievement and behavior.

Now you, too, can learn the INSIGHTS strategies that have proven to be effective. INSIGHTS Intervention offers educators a remote program with 6 self-paced lessons and group facilitated sessions between each one. Our program:

- Teaches educators how to recognize the various temperaments of their students;
- Provides a repertoire of evidence-based, yet, practical strategies that are tailored to different children's temperaments; and
- Enhances collaboration among school personnel and parents in enhancing children's self-regulation.

A 6-week remote program is available for parents, and don't forget about our classroom program for the primary grades!



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

Meet the **INSIGHTS** Kids

Corretta Gregory Frederico Hilary



- **Corretta the Cautious** is shy
- **Gregory the Grumpy** is high maintenance
- **Freddy the Friendly** is very social, and
- **Hilary the Hard Worker** is industrious

The **INSIGHTS** kids are featured in an evidence-based emotional learning intervention, **NEW INSIGHTS into Children's Temperament**, that improves children's academic achievement and behavior.

Now you, too, can learn the **INSIGHTS** strategies that have proven to be effective. **INSIGHTS** Intervention offers educators a remote program with 6 self-paced lessons and group facilitated sessions between each one. Our program:

- Teaches educators how to recognize the various temperaments of their students;
- Provides a repertoire of evidence-based, yet, practical strategies that are tailored to different children's temperaments; and
- Enhances collaboration among school personnel and parents in enhancing children's self-regulation.

A 6-week remote program is available for parents, and don't forget about our classroom program for the primary grades!

INSIGHTS has been tested in multiple federally funded randomized clinical trials. Schools were randomized to **INSIGHTS** or to a reading program.

Gains from **INSIGHTS** included:

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 whose temperaments are high maintenance:

- 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

More information: insightsintervention.com



To bring **INSIGHTS** to your school district or community, contact:

Sandee McClowry, PhD, RN, FAAN
drmccclowry@insightsintervention.com
 or call us at (203) 546-7276