

Talk Time 10 (TT10)



Talk Time 10 is an intervention developed by Teaching Assistants at Bents Green School to encourage students to talk about their feelings, problems, hopes and dreams whilst the adult practices empathic listening techniques. Just listening, with acceptance not judgement has measurable impact.

Research shows it takes 7 minutes for brain stems to make new connections during empathic conversations. Regular (daily or weekly) TT10 sessions Improve relationships and cooperation and build greater trust between the student and the adult.