



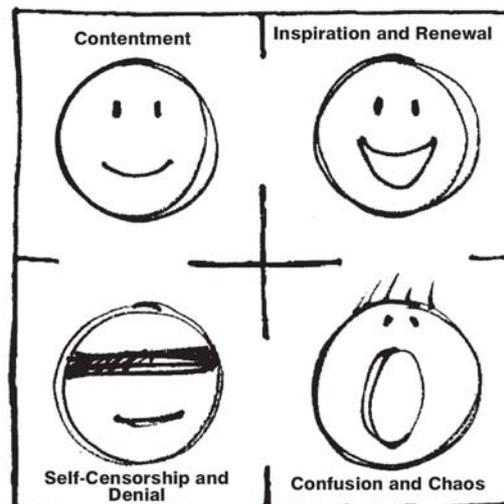
# THE FOUR ROOMS OF CHANGE

## The Children's Four Rooms of Change®

The Four Rooms of Change® has spread to most sectors of society and most corners of the world. Significant and astonishing results are reported everywhere and among the most thrilling results have been reported from the school system. Vasakolan Primary School in Strangnas, Sweden is the school where Ulla Janssen integrated the Four Rooms of Change into the classroom and shared her approach with her colleagues to significantly change the learning environment in the school.

Studies have shown significant results in the classes where teachers and students use the Four Rooms of Change. Bullying has disappeared and the tendency to bully has almost disappeared.

The Children's Four Rooms of Change is derived from the adult's version of The Four Rooms of Change® which was developed by the Swedish psychologist, Claes Janssen, in the late 60s and early 70s as part of his groundbreaking research on individual and collective self-censorship and defense mechanisms. The adult four rooms - or psychological states of mind - are known as Contentment, Self-Censorship and Denial, Confusion and Conflict and Inspiration and Renewal. In the children's version of the tool, the pupils themselves choose the names for each room; popular choices have included 'contentment', 'don't want', 'want' and 'over the moon'.



The Children's Four Rooms of Change involves each child engaging with the model on a regular basis - several times a day - and using the tool as way of identifying and labelling emotions, building emotional intelligence and developing empathy for others. The teachers in Strangnas are also developing a classroom kit; the Four Rooms of Change in a box for the teacher or principal who wants to improve the environment and learning experience in his or her school. You can also download a report on the original and ground-breaking work conducted in Strangnas at the Ander & Lindstrom Partners website; <http://www.andolin.com/pdf/psychology-in-the-classroom.pdf> .

Training for teaching staff who wish to work with Children's Four Rooms of Change® in their school is available from a certified facilitator who has gone through a rigorous training program and is committed to applying the tools in an ethical way. In Victorian schools, this training can be organized through the Teacher Learning Network TLN in Abbotsford - [www.tln.org.au](http://www.tln.org.au). For more information on the Four Rooms of Change in Schools, go to [www.fourroomsofchange.com.au](http://www.fourroomsofchange.com.au) .

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