

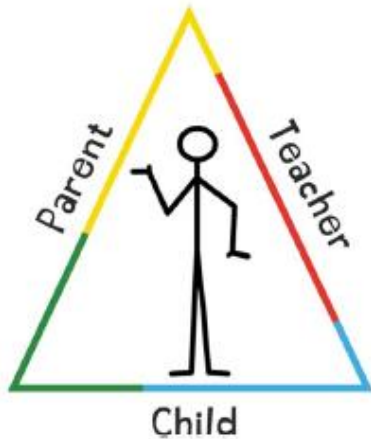
TRICK BOX[®]

Creating Happy Life Habits
and managing the tricky bits!



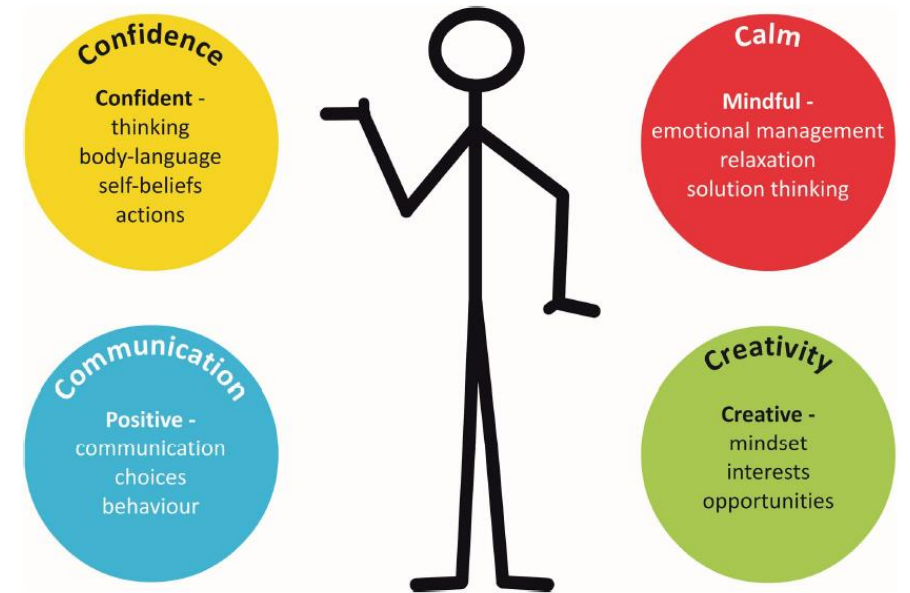
Join us in supporting your child to build their confidence and communication skills, manage emotions and find solutions to challenges.

The Trick Box programme develops personal skills in 4 key areas through positive habit formation. Confidence, calm, communication and creativity.



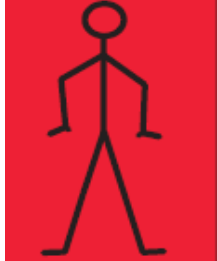
Together we will practise and model the tricks taught through the PHSE curriculum, encouraging your child to use their new found skills.

The following pages will indicate what tricks are taught each academic year along with the tricks that are continuously practised to ensure embedded learning.



Autumn

STAND as if...



Stand as if...

Our mind and bodies work together to help us.

Discuss with your child how our bodies can sometimes react to our feelings and thoughts. If we are nervous or worried we can sweat, shake or breathe faster.

Encourage your child to **Stand Tall**, use their **Big Voice** and **Magic Circle** to change their body language and build confidence.

I can stand as if I feel strong and brave.

Spring



Signal Change

We can choose how we act and behave.

Tell your child about the things they should keep doing – being kind, helping others, sharing.

Refer to the traffic light to signal when your child might need to stop and think about what they are doing. Support them to choose a better option. Make a change!

Stop, think about our choice, make a change.

Summer



Ask How

Ask ourselves empowering questions

Replace 'why' questions with 'how' questions...Instead of 'Why can't I do this?', or 'Why did I not achieve the best result?' Say 'How can I do this?' – 'How can I do better next time?'.

I can use my clever brain to think of ideas to get better and feel good.

RECAP

