

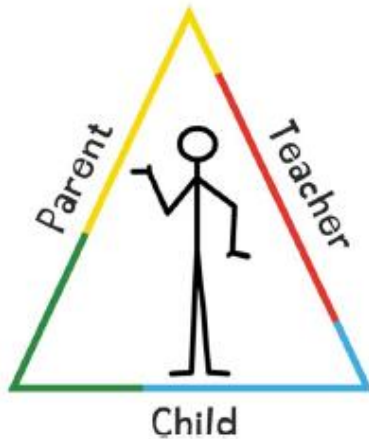
TRICK BOX[®]

Creating Happy Life Habits
and managing the tricky bits!



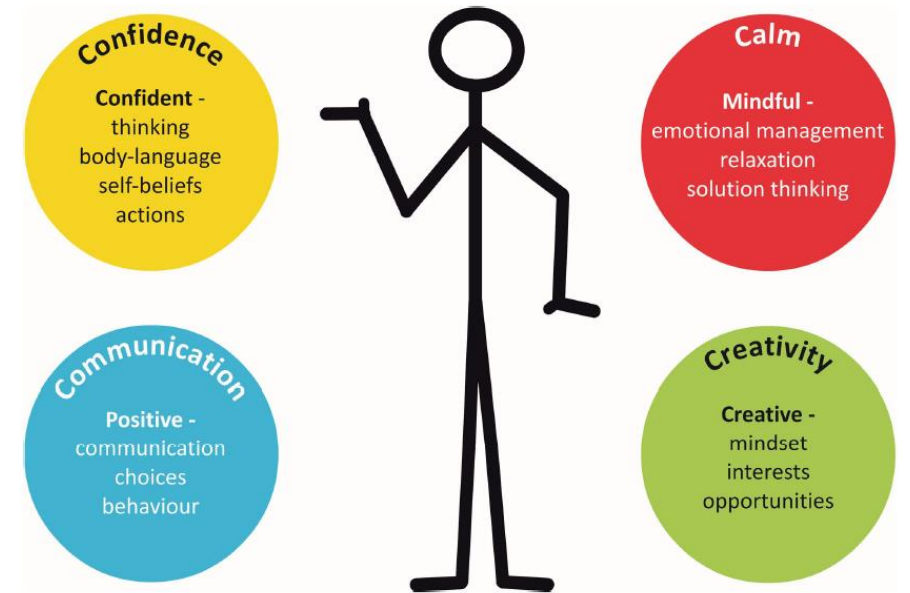
Join us in supporting your child to build their confidence and communication skills, manage emotions and find solutions to challenges.

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

Super States



Use positive thoughts to create confidence

How we are thinking affects how we are feeling and how strong our bodies feel.

Practise with your child to think and feel strong and brave – show them how this makes our bodies look strong and brave too.

If I believe I am strong on the inside, I will look strong on the outside.

Spring

Break Through



I can do it!

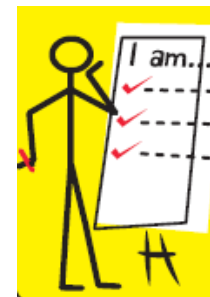
Imagine the words 'I cant do it' are written on a wall – now imagine breaking through that wall.

Practise this technique with your child and encourage the use of the 'Big Voice' trick.

I believe in myself – even when things are hard.

Summer

Brilliant Beliefs



I can be positive about myself and others.

Make a list at home of all the positive qualities you each have – add things to each others list too. Keep them, add to them and use them often as a reminder of your strengths. Get everyone involved!

I will learn more and do more when I feel positive about myself.

RECAP

