

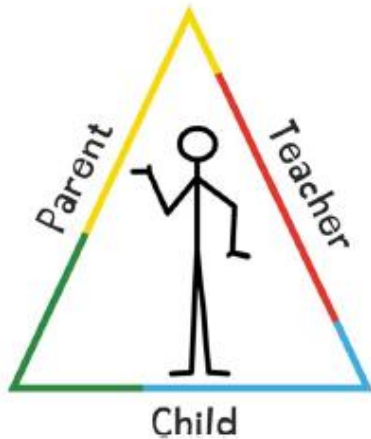
TRICK BOX[®]

Creating Happy Life Habits
and managing the tricky bits!



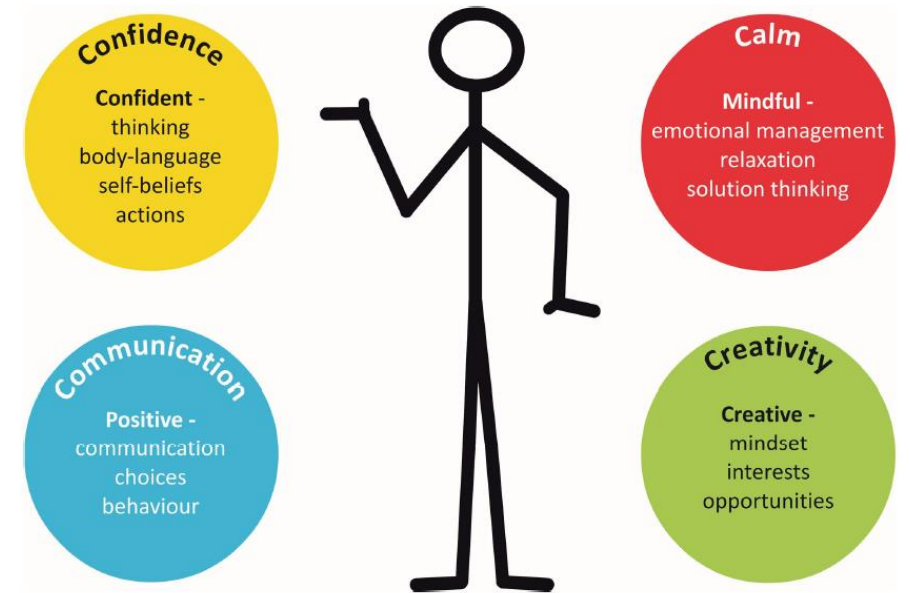
Join us in supporting your child to build their confidence and communication skills, manage emotions and find solutions to challenges.

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

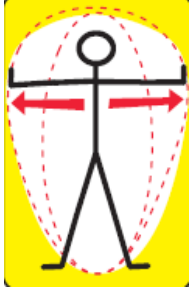


Together we will practise and model the tricks taught through the PHSE curriculum, encouraging your child to use their new found skills.

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 Stretch

I can widen my comfort zone and experience new things

Notice and praise your child when they are stretching their comfort zones – trying new things and taking on new challenges. (Tricks in recap section will help too)

I can use my confidence building tricks to help expand my experiences.

Spring



Calm Thumb

Use an anchor to help find a calmer state

An anchor is an effective way to positively train our body to quickly relax. Practice together - close your eyes, rub your thumb gently and say the word; "r...e...l...a...x" slowly to yourself. Breathe in and out through your nose, rubbing your thumb all the time.

I can control my physical responses to challenging situations.

Summer



Marvellous Me

Constructive feedback helps me grow

It is important to use praise in a balanced and effective way.

When praising your child think how it will motivate or develop them. Be sure to offer constructive suggestions for improvement alongside your praise.

Learning to accept feedback will increase my confidence and help me develop new skills.

RECAP

