

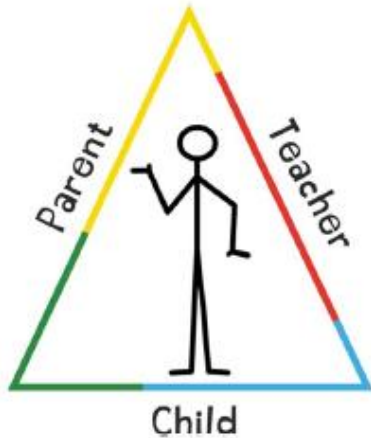
TRICK BOX[®]

Creating Happy Life Habits
and managing the tricky bits!



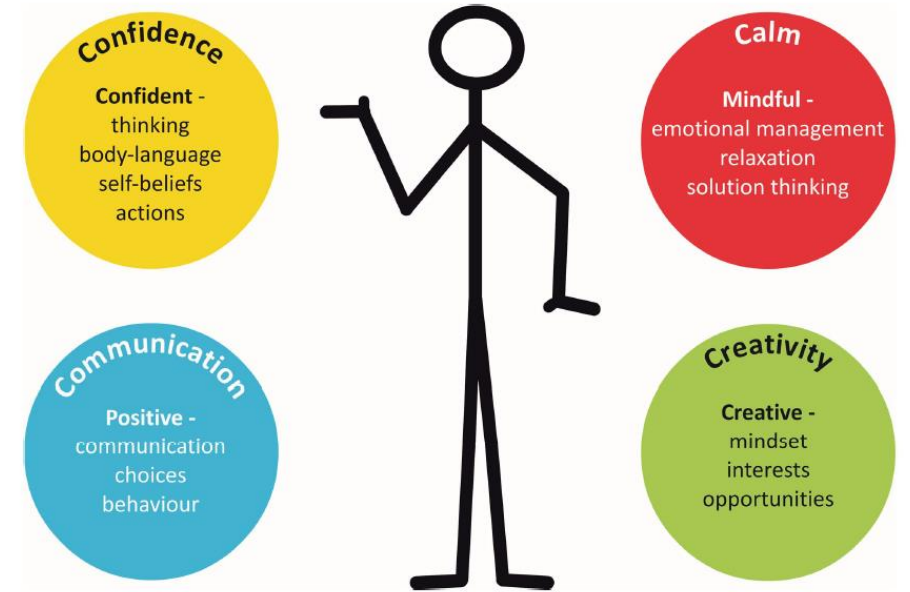
Join us in supporting your child to build their confidence and communication skills, manage emotions and find solutions to challenges.

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

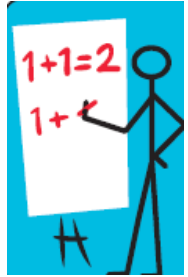


Together we will practise and model the tricks taught through the PHSE curriculum, encouraging your child to use their new found skills.

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



Different Sum

If I change my methods, I get different results

In order for a different outcome to occur we need to do something different – create a new sum!

Encourage your child to think of new ways to do things - help them to see how different approaches = different results.

I can achieve more by finding new ways to do things.

Spring



1 2 3 Magic

Take steps to relax, think and find a solution

Place your finger on your forehead- move your finger away a bit at a time until your mind starts to feel relax.

With a clear mind now use your tricks to help problem solve. Look at the problem in a new way and ask for help if needed.

I can use my tricks in a logical way to help influence the outcomes of my challenges.

Summer



Great Goals

I will succeed!

Encourage your child to set themselves goals - break down these goals to 3 achievable steps.

Work with your child to visualise success – how will they accomplish each step – picture doing this over and over in your mind. Celebrate when each step is achieved.

The more you imagine reaching your goals the easier they become.

RECAP

