

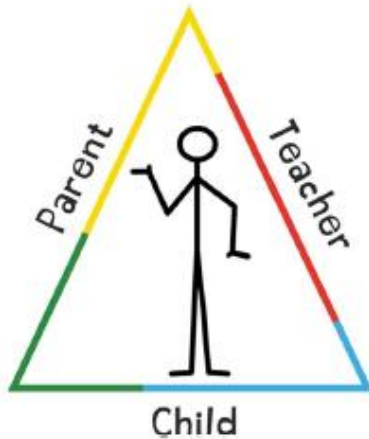
TRICK BOX[®]

Creating Happy Life Habits
and managing the tricky bits!



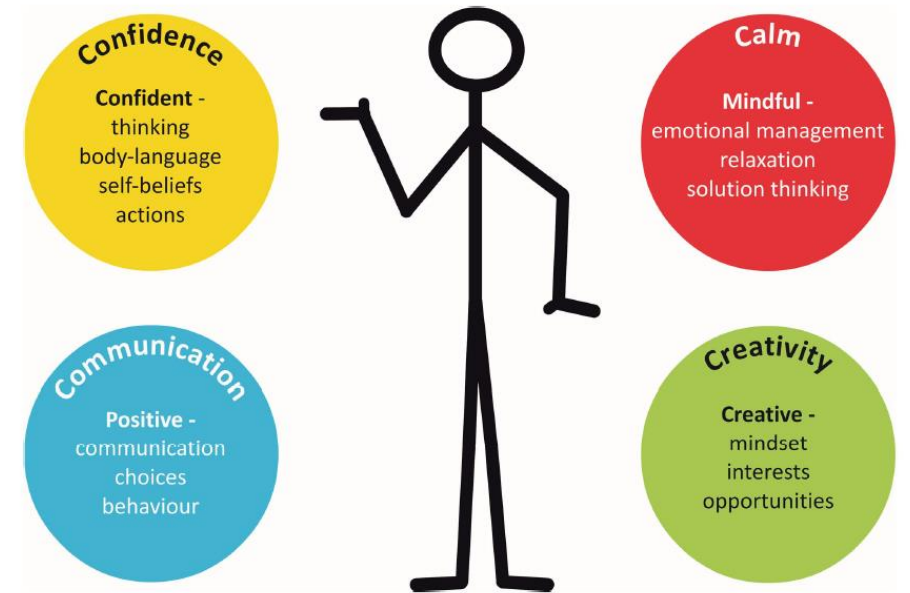
Join us in supporting your child to build their confidence and communication skills, manage emotions and find solutions to challenges.

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



Magic Circle

Use past experiences to build confidence.

Support your child to think of a past experience when they have felt good/confident – make a magic circle with your thumb and middle finger – squeeze and think of how good you felt at that time.

When you need a boost of confidence use your magic finger to re-create/build your strong and confident feelings.

I have magic powers – I can boost my confidence!

Spring



Big No

Set personal boundaries.

Boundaries help us feel secure and build our self-esteem. Children must be able to say no when they feel like they are being asked to do something that is unsafe or unkind.

Demonstrate to your child when to say no and show them how to say no with confidence. Use good eye contact and stand tall.

I can say no with confidence.

Summer



Big Yes

Say yes to new experiences.

Saying yes to new things can be fun and exciting but also a little scary. Support your child to listen to their instincts and make their own decisions.

When a new thing is good for us we can use our trick box skills to help build the confidence to say yes.

*I can say yes and I can say no!
It is my choice.*

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