

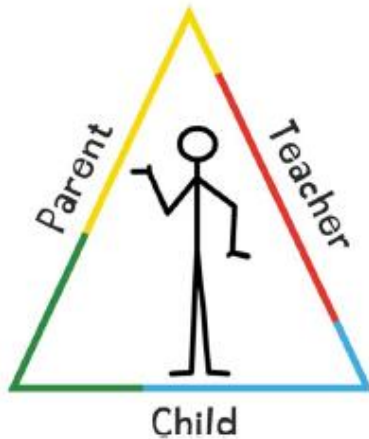
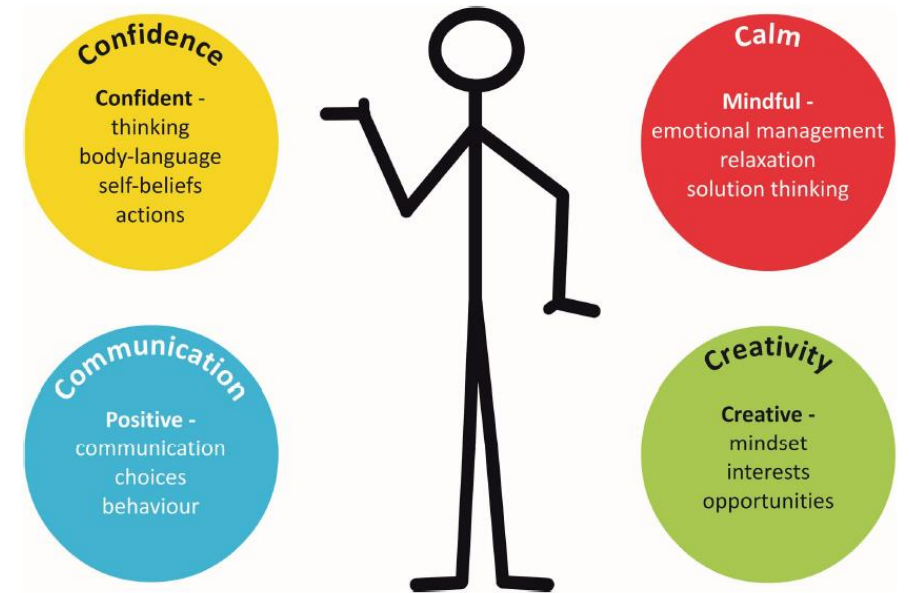
TRICK BOX[®]

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.

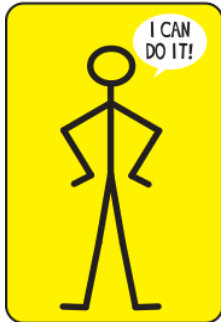
The following pages will indicate what tricks are taught each academic year along with the tricks that are continuously practised to ensure embedded learning.



Autumn

Big Voice

I will learn to believe in my self.



Demonstrate self-belief – let them hear you give yourself a pep talk. “I can do it!, I CAN DO IT!”

Encourage your child to use their positive thoughts too.

I believed in myself and never gave up!

Spring

Sunny Side

Develop positive thinking patterns.



Support your child to find the sunny side! It might be raining so we cant go to the park – but that means we can build a den or watch a movie together.

I can choose to think about things in a sunnier way.

Summer

Light Bulb

Become a problem solver.



Support your child to be a creative thinker – encourage them to ask questions and challenge perceptions. Talk through the possibilities.

“Our usual path to the park is blocked – what could we do?”

I can stop and think and find a solution.

RECAP

