

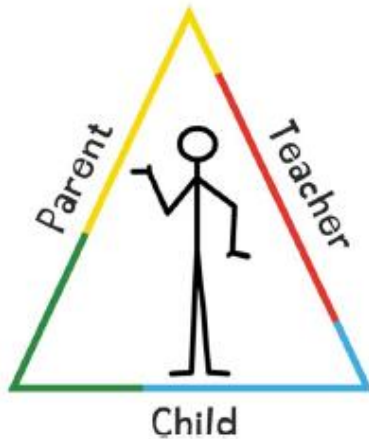
TRICK BOX[®]

Creating Happy Life Habits
and managing the tricky bits!



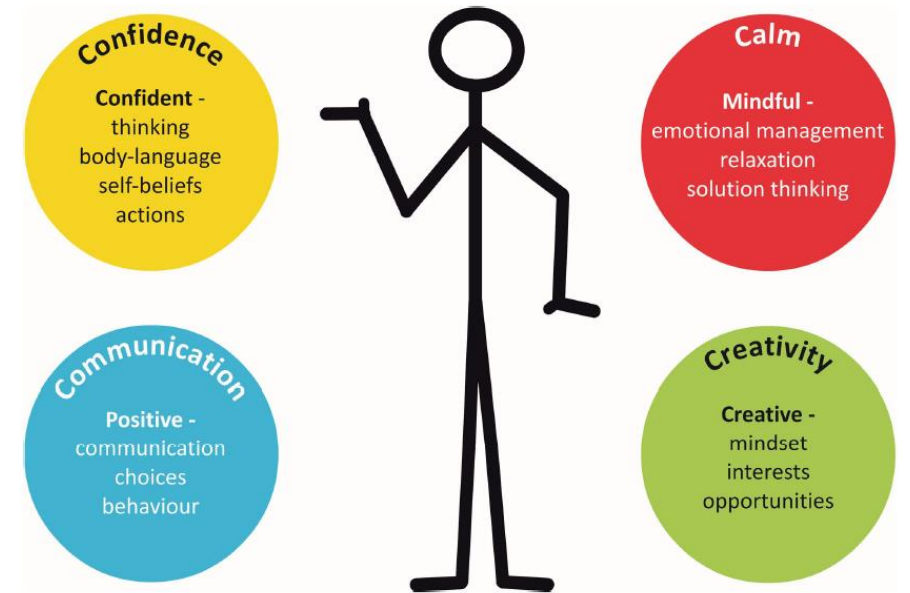
Join us in supporting your child to build their confidence and communication skills, manage emotions and find solutions to challenges.

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 1

Mirror Mirror

Build a positive self-talk habit.

Demonstrate positive self talk at home. Support your child to give themselves daily positive encouragement.

When I say nice things to myself I feel happy and strong.



Autumn 2

Stand Tall

Display confident and strong body language.

Encourage your child to use self-assured and strong body language. Show them how to walk tall, look up and move confidently.

I feel good today, I feel strong inside, I feel confident – I am standing tall.



Spring 1

Breathing Colour

Regulate emotions with controlled breathing.

Place your hands on your chest and tummy and breathe in slowly – fill your tummy with air. Breathe in through your nose and out through your nose.

I can breath out my angry colour and breathe in my calm colour.



Spring 2

Floating Cloud

Relax my body to relax my mind.

Practise squeezing your muscles nice and tight – and then relax – let out a big sigh! Tense each of your muscles from your feet to your nose!

I can imagine I am floating on a big soft fluffy cloud. I am relaxed from my head to my toes.



Summer 1

Win Win

I can be happy and you can be happy.

Support your child to be a problem solver - when we want different things can we come up with ideas on how we can both be happy.

We can find a way to both win.



Summer 2

Free Flow

Be confident to try new things.

Praise your child for trying new things - regardless of their success. Encourage the art of practise and help them to reflect on their own progress.

I can practice the things I am good at and I can also try new things.