



The Deal and Dover Emotional Wellbeing Team would like to invite parents and carers of Year 4 to attend the:

Self-Soothing and Grounding Techniques Workshop

Monday 16th October 2023 at 1:30-3:00 pm

Would you like to attend a classroom based activity with your child to learn some self soothe and grounding strategies? You are invited to attend a workshop which focuses on **creating a self-soothe box**, and **learning easy to use grounding and relaxation techniques**.

A self-soothe box is a box children can create to turn to in moments of distress or worry. It is filled with items that calm the child down, help them focus on what they are doing in that moment, and reduce feelings of worry or sadness.

This workshop will be held at Deal Parochial C of E Primary School. If you have any questions please speak to Mrs Fox or Mrs Bugden.

We look forward to meeting you

