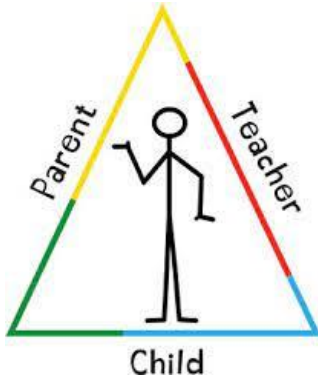


## Trick Box - building confidence and & positive thinking for life!



Trick Box is a personal development programme which has been developed by experts to support children's emotional wellbeing, both in school and beyond. It is designed as parent/school/child tool to help children develop positive life habits and self-help strategies.

It consists of 24 simple tricks which children are introduced to through their time at St Peter's. Each trick is developed further as they move up through school. We know that the strategies learnt help them through secondary school and beyond.

Y1: This year your child will be introduced to the following cards:

| Autumn: Big Voice | Spring: Sunny Side | Summer: Light Bulb |
|-------------------|--------------------|--------------------|
|                   |                    |                    |

They will also be building on the cards they did in YR.

| Mirror Mirror | Stand Tall | Breathing Colour | Floating Cloud | Win Win | Free Flow |
|---------------|------------|------------------|----------------|---------|-----------|
|               |            |                  |                |         |           |

Do ask your child about the tricks and how they use them in school. You will find ways to integrate the tricks at home. It is helpful to have a set of Trick Box cards at home – available for £5 from the school office. The pack will last your child throughout their school career and beyond!

Do ask your child's teacher if you would like more information.

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