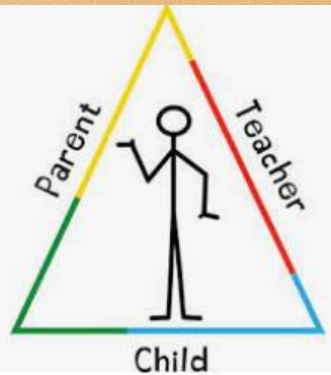




Trick Box

Presentation to Parents

September 2024

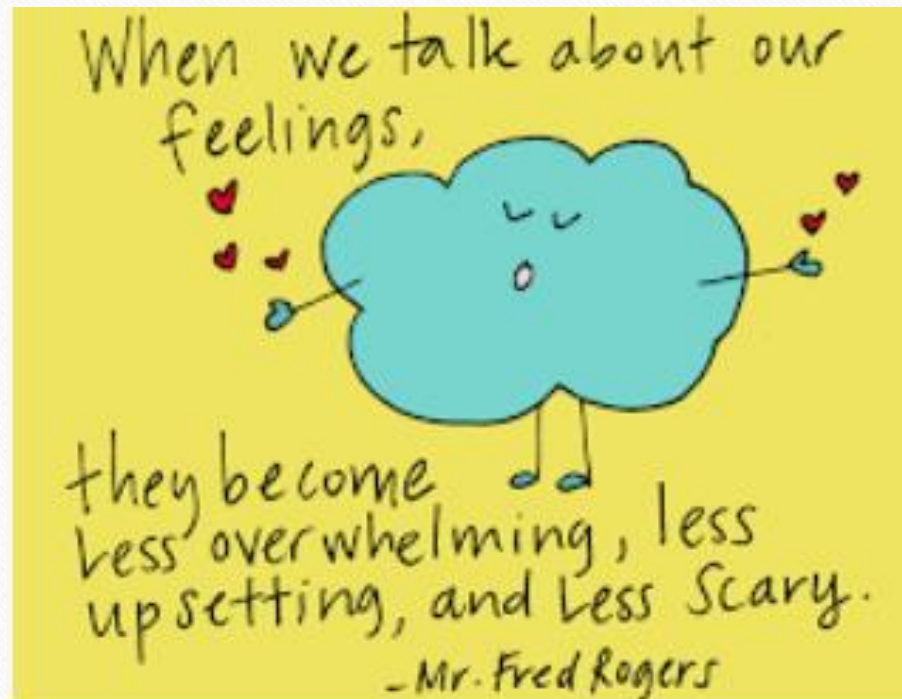


The Importance of Wellbeing

At Catherington, we are committed to supporting children's mental health and wellbeing. Why?

- 20% of adolescents may experience a mental health problem in any given year.
- 50% of mental health problems are established by age 14 and 75% by age 24.
- 10% of children and young people (aged 5 to 16 years) have a clinically diagnosable mental health problem

Let's talk about it...



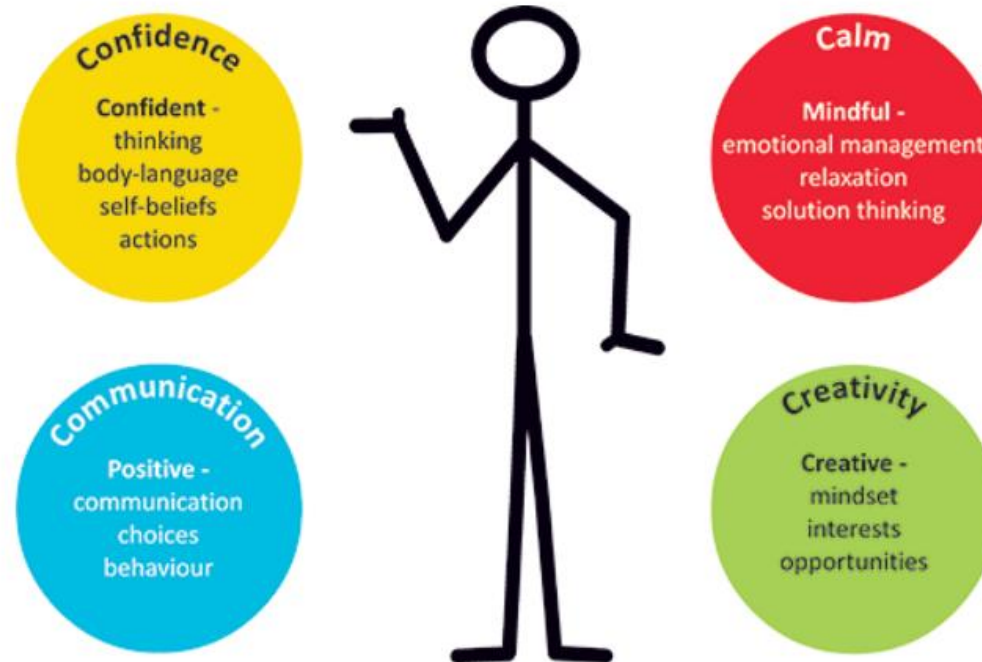
Equipping children with the:

- Language
- Knowledge
- Confidence
- Understanding

They need in order to cope with tricky feelings.

What is Trick Box?

Trick Box (4-11 yrs) is an evidence-based, whole school programme which helps to develop a full range of empowering personal habits in 4 key areas:



<https://www.youtube.com/watch?v=AqbYkODH5f8&t=1s>



How does it work?

- Starting young is key – it begins in Year R
- Delivered through engaging and colourful stories – meet Drew and Doodle!
- Links to Early Learning Goals
- A new trick taught each half term and practised regularly



The ABCD model



- Accept – this is how I feel. This is what's going on
- Be – I want to be better
- Choose – what can I choose to do?
- Do – do it!

What are the tricks?



At home...

- Talk to your child about what tricks they have been learning
- Remind children of the ABCD model
- Ask – what would you tell Drew to do?

