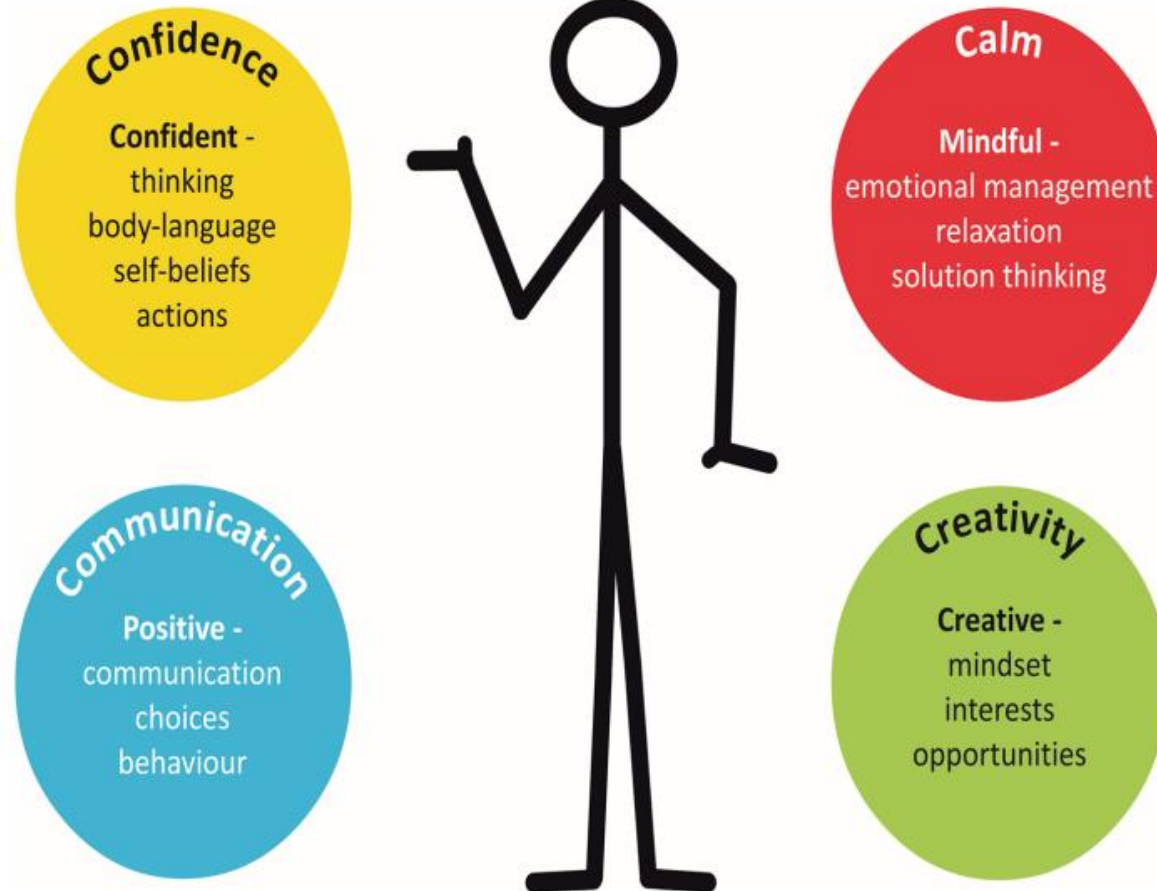


The 4 C's

The Trick Box programme develops personal skills in 4 key areas.



TRICK BOX



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R						
	Mirror Mirror: Looking in a mirror & saying nice things to yourself.	Stand Tall: Standing up straight makes you feel better. We can see how someone feels by how they stand.	Colour Breathing: Use different colours for emotions- breathe out the negative ones, breathe in the good ones.	Floating Cloud: Imagine floating on a cloud- breathe slowly to help you relax.	Win-Win: How can we make each other feel happy when we want the same thing?	Free Flow: Try lots of different things to find what you are good at.
Year 1 (revisit Year R tricks + ...)						
	Big Voice: Talk to yourself using a big voice in your head & say 'I CAN DO IT'.	Sunny Side: Always look on the bright side when things aren't going the way you planned.		Light Bulb: It's sometimes hard to find an answer to a problem. Try relaxing & finding something else to do.		
Year 2 (revisit Year R, 1 tricks + ...)						
	Magic Circle: Recognise how you feel when you can do something confidently- channel this feeling by squeezing your thumb & middle finger together (a magic circle). This can then be used when you are feeling less confident.	Big 'No': It is OK to say 'no' when you know something is wrong. Give yourself time to think before you say 'no'. Make sure your 'no' is strong.		Big 'Yes': Listen to your body before saying 'yes'. Use other tricks to help you if you are not confident about saying 'yes'.		