

autism
west midlands

Think Calm

Introducing children to relaxation

FREE for
Sandwell
Families



Introducing Children to think calm

This session helps children with concentration, listening and creativity skills, their self-esteem and mental and physical health.

SANDWELL

Tuesday 30th July 2019

8 -12 years - 10:30am – 12:00pm

12 – 16 years - 12:30pm – 2:00pm

**Shirelands Collegiate Academy,
Waterloo Road,
Smethwick,
B66 4DN**

Activities:
Movement,
Games,
Breathing,
Stretching,
Massage



Think Calm (8 - 12 yrs. olds) is a unique method of introducing children to relaxation. It can help their concentration, listening and creativity skills, their self-esteem and their mental and physical health. This is completed by using a special system that we have created that revolves around elements of social and emotional aspects of learning. Children are asked to complete activities including movement, games, breathing, stretching, massage, affirmation and visualization to achieve this target. The think calm session is for Child and Parent/Carer participation.

Think Calm (12 – 16 yrs. olds) is aimed at older children and is a class that also works on the seven steps giving teens tools to cope with stress and anxiety including again many positive mind-set and CBT activities.

We encourage parents to actively participate with their child during the session. All parents and carers must stay on site whilst session is taking place.

For more information and to book a place please contact Sue:

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