A NOTE FOR HOME

Big feelings, four small steps



Dear parents and carers,

Over the next four weeks your child's class is trying Box of feels, a short program that teaches children one habit for big feelings: **Notice. Name. Need. Next.** Children learn to notice a feeling in their body, put a word to it, work out what would help, and pick one small next step.

There are four sessions of 20 to 30 minutes, led by the class teacher, with a workbook and a few minutes on a free app. Dave Bolt, a community chaplain who wrote the program, will help in the room for the first and last session. It is a practice tool for everyday feelings. It isn't therapy and it makes no diagnoses.

Before the first session and after the last, children answer five picture questions, like "I know what helps me", by circling a face. There are no names on them; the school keeps them and only class totals are shared, so we can see whether the program helps.

Your child's privacy. Children don't sign up for anything. The class uses one school device, and what children put in the app stays on that device. Nothing from the app goes to the school or to Dave.

If your child tells you something worrying, or you'd like to know more, please talk to the class teacher. If you would rather your child didn't take part, fill in the slip below and send it back to school.

box.tenxed.community

The app is free if you'd like to try it at home. Open it in your browser and use kid mode: More, My data, Kids and teens.

CUT HERE AND RETURN TO SCHOOL

Opting out

Child's name ..... **Class** .....

☐ I would rather my child **didn't take part** in the Box of feels sessions. The school will give them another activity.

☐ My child can take part, but please **leave them out of the before and after check**.

Parent or carer's name .....

Signed ..... **Date** .....

A practice tool, not therapy, and not for a crisis. If a child is unsafe, follow your child protection procedure and get help now: Kids Helpline 1800 55 1800 (free, any time), or 000 in an emergency.