BOX OF FEELS SCHOOL PILOT

A free four-week pilot for one class



Dear Principal,

Dave Bolt
Community Chaplain
Box of feels by TenXed
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I'd like to offer your school a free four-week pilot of Box of feels with one class of children aged 6 to 12.

Box of feels teaches one simple 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 choose one small next step. It comes as a short teacher's manual, a five-page kids' workbook and a free app the class can use together on one school device. It is a practice tool for everyday feelings, not therapy, and it makes no diagnoses.

What it asks of you

- One teacher and one class.
- Four sessions of 20 to 30 minutes, one a week.
- Printing the workbook: five pages per child.
- Sending a letter home to parents and carers.
- Ten minutes for a short check before and after.

What I bring

- The teacher's manual, workbook and parent letter, ready to print.
- A 30-minute walk-through with the teacher before week 1.
- Help in the room for the first and last session, alongside the teacher.
- Help setting up the class device.
- A one-page results summary for you at the end.

Children's privacy is built in. The children don't sign up for anything, and what they put in the app stays on the class device. Nothing from the app comes to the school or to me. Your own child protection procedure applies throughout, and the teacher leads every session.

There is no cost and no catch. I'm testing the program with a few schools so it can be made better for children, and your teacher's honest feedback is the most useful thing you could give me.

Next step: a 20-minute chat

Reply to david@tenxed.community or call or text 0402 419 131 and we'll find a time that suits you. I'm happy to come to you, or talk on a video call. I've enclosed a two-page outline with the detail.

Kind regards,

Dave Bolt

Dave Bolt, Community Chaplain

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.