



## Letter to Parents/Carers (SESSION 7)

Child's Name: \_\_\_\_\_

Dear Parent/Carer,

We are learning new ways to help to calm our minds and bodies when we are feeling worried, angry, anxious or overwhelmed. To help us with this, we are going to make our own 'self-soothe boxes'. We watched the following clip to help us to understand what a self-soothe box is and how to use:

<https://www.youtube.com/watch?v=OyfgodSSdV4#action=share>

We have planned the items that we want to include in our self-soothe boxes. Please can you help us by finding the following items and sending into school before our next session which is on \_\_\_\_\_ ?

Items needed for your child's self-soothe box are: \_\_\_\_\_

\_\_\_\_\_

Please avoid buying any of the items, as we are aiming to include items that are already at home.

We are going to practice using our self-soothe boxes in the next session. However, it would be really useful if you could also encourage your child to use their self-soothe box if needing to calm. They may also like to share their self-soothe box with you when they are feeling settled and calm. We have suggested that they keep their self-soothe box somewhere accessible and safe so that they can use it whenever they need to.

Please contact us if you have any questions about the self-soothe boxes.

Yours Sincerely,

\_\_\_\_\_