



George's Thank You Card (SESSION 5)



Dear children,

Thank you so much for making me my very own sensory box. I have been able to use it to help me to calm down when I am feeling very sad or angry. Sometimes I feel sad or angry and I can use the things in my sensory box to help me to calm so I don't throw things or get into trouble.

You have really helped me – thank you!

Love from George