



Dear Parents and Carers,

I have really enjoyed working with your children over the last term. They have been learning new skills and strategies to manage their emotions and have thoroughly enjoyed experiencing calm moments and deep relaxation.

I have been asked by some parents if there is anything they can do at home with their children to continue with the skills they have been learning at school and so I thought it would be helpful for me to outline how you can do this.

I would highly recommend purchasing a pack of Calm Cats Therapeutic Activity Cards as many of the activities and exercises the children have been learning are from within the pack. There are also lots more that they are yet to learn, many of which are great for families to do together. There are 49 cards, split into 7 sections – Move, Stretch, Breathe, Focus, Meditate, Imagine, Relax. I'm sure the children would take great joy in teaching the activities they know well to the rest of the family!



You can follow Calm Cats on social media and join the Facebook Group 'Calm Cats Club' where I post lots of free activity ideas to support children and family's wellbeing, offer tips, advice and a safe community for parents to ask for help with supporting their children's emotional health, wellbeing and behaviour, if needed.

The links are as follows:

Facebook Page - <https://www.facebook.com/calmcatsnorfolk>

Facebook Group - https://www.facebook.com/groups/2377482585731122/?source_id=790937424572499

Instagram - <https://www.instagram.com/calm.cats/>

During the course of the term I have taken photos of what we have been doing. If you would like me to send you the photo's of your child, please email me at calm.cats@outlook.com

If you would like to purchase a pack of the activity cards (£19.99), please fill out the form below and either return to me by email or to the school and I will deliver them to you before the end of term. Orders placed by Tuesday, 8th December, will receive a 10% discount and benefit from free delivery.

Wishing you all a happy and safe Christmas,

Hannah



Child's Name _____

Date _____

Your Email Address.....

I would like to order 1 pack of Calm Cats Therapeutic Activity Cards at £19.99 (£18.00 if ordering before December 8th)

Payment enclosed

Payment made by BACS

Account details are:

TSB

77-66-10

18013768

(Please put your child's surname as a reference)