

summer 2020

This summer, our programme of activities will be delivered **remotely** in order to operate within social distancing rules. But, rest assured, the benefits of taking part in a SensationALL session will still be invaluable for you and your loved one!



chill-oot mindset

TUESDAYS, 1pm
4 week block = £20
Starts 14th July

For children struggling with their emotions or behaviour.

Over the 4 weeks we will:

- offer a safe, non-judgemental space for self-expression
- teach and reinforce self-regulation techniques
- practice and develop communication and social skills
- increase emotional awareness
- develop confidence levels



musicALL yoga

WEDNESDAYS 3-5PM
£5 per session
1st, 15th & 29th July

For all ages, abilities and all family members...

Sessions start with a lively music and dance segment with incorporated makaton.

Followed by fun, easy yoga games suitable for all abilities, finishing with relaxation and mindfulness exercises.



summer challenges

5 weeks starting July
New challenges each week
£5 per week

Our weekly challenges will keep you moving, regulated and chilled this summer!

Each week during the school holidays sign up for a Challenge pack with **ACTIVE, TECH & CHILL** activities to do at home.

Includes links to videos with physical activities and yoga as well as worksheets on arts & crafts, science projects, baking and sensory recipes!



tea & tips advisory consultations

via phone/video call
1 hour = £10

For parents, carers & professionals in need of advice or guidance from our specialist staff.

A private, 1 hour consultation with an Occupational Therapists who will focus on your challenges and recommend practical techniques and strategies to use at home.

All sessions must be booked in advance
by emailing info@sensationall.org.uk