

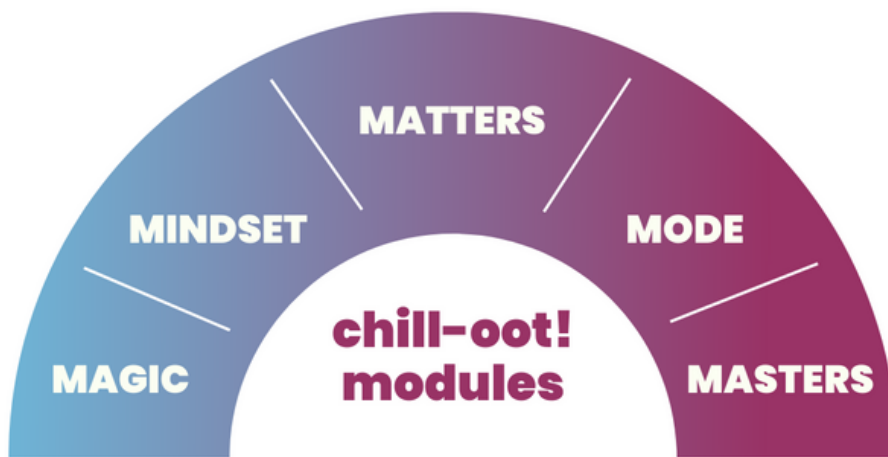


# information about **chill-oot!**

**Chill-oot!** was created by **SensationALL's Occupational Therapists** to help youngsters who struggle to understand or regulate their emotions and behavioural responses. Attendees learn vital coping strategies and techniques to make them more resilient and confident at school, home and in social settings.

Each of the **5 modules** will develop self-awareness, regulation skills and emotional literacy. Youngsters are given personalised coping strategies to use everyday.

Modules do not have to be done in order but for full benefit we recommend completing the whole programme. Our team will advise which module is most suited to your loved one.



for more information contact:  
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## **MAGIC**

An introduction to sensory regulation and emotional understanding. Includes experiential & physical activities during an 8-week face-to-face programme.

## **MINDSET**

Focusing on positive affirmations, thinking and kindness, this module aims to increase confidence and a sense of self. Builds relaxation techniques and routines to aid better sleep.

## **MATTERS**

Introduces the use of reflection in order to improve self-esteem. The use of practical strategies is reinforced and developed with tools such as personalised sensory ladders.

## **MODE**

This module is all about empowerment. Attendees learn about decision making and consequences. The application of strategies is applied to everyday scenarios.

## **MASTERS**

Focusing on empathy and compassion, this advanced module will help youngsters learn how to share and encourage others to use self-regulation techniques. With the option to be a **Chill-oot! Mentor**.

### **Modules are:**

- 4 week blocks\*
- 45 min weekly sessions
- delivered via video call

*\*except MAGIC which is a face-to-face 8-week block*

**Includes worksheets, relaxation exercises, materials from Gozen**