



# chill-oot!

## mini assembly

self-regulation skills



We are bringing our **chill-oot!** programme to your school!

Our hugely beneficial self-regulation programme for primary-aged children is now available in an assembly format!

The one hour interactive, fun assembly will include:

- Self regulation strategies
- Emotional awareness
- Self reflection
- Increased understanding of neurodiversity
- Healthy movement & exercise

Our experienced practitioner will deliver a session to a **classroom (up to 30)** or to a **gym hall (up to 60)** of primary-aged pupils.

### Interested?

Email for further information, prices and availability:

**info@sensationall.org.uk**

