



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