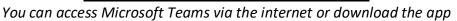
The Children's Society

Online Activities

6^{th –} 29th January 2021 via Microsoft Teams







Note: By booking a place, you are giving your consent to share any interactions you use during the online session with other participants, eg. **Video streaming** and audio content. Participants are required to use their camera and use headphones during the cyp virtual session.

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>10 AM</u>	Mindfulness and Relaxation	Self-Care For You	Staying Active for Life	Self-Care For You	Staying Active for Life
	Families	Mixed ages CYP	Families	Parents	Families
	*	you.	大	you.	大
<u>12 PM</u>	Conflict resolution and	Staying Safe in a Virtual	Strong Resilience and	Staying Safe in a Virtual	One Community
	managing anger	World	emotional wellbeing	World	13-19
	13-19 (\	Mixed ages CYP	13-19	Parents	
			→		_
<u>2 PM</u>	Coping through Covid	Strong Resilience and	Conflict resolution and	Tips and guidance for	EYPDAS
	Families	emotional wellbeing 8-12	managing anger 8-12	managing home learning	Drug and Alcohol
		8-12	8-12	Mixed ages CYP	awareness session
		2		©	
4 PM	Family Scavenger Hunt	Family Bingo	Family Fun snack ideas	FAMILY FUN QUIZ	2pm – 3pm
	Families	Families	Families	Families	Ages 13-17
	Q		&	3	3pm to 4pm Ages 18 - 25

To book your place, please check out our website; www.childrenssociety.org.uk/east/services/safe-in-essex or contact Essexreferrals@childrenssociety.org.uk

Safe in Essex Advice Line 10am – 2pm: 07725 639571 (if unanswered, leave a message and someone will contact you)