

Online Activities



















1st to 26th February 2021 via Microsoft Teams

You can access Microsoft Teams via the internet or download the app



FOR AGES, 8-12, 13-19 and families

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.

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|---|--|--|--|---|
| <u>10 AM</u> | Mindfulness and Relaxation Families  | Self-Care For You Mixed ages CYP  | Staying Active Families  | Self-Care For You Parents  | Yoga Families  |
| <u>12 PM</u> | Conflict resolution and managing anger 13-19  | Staying Safe in a Virtual World Mixed ages CYP  | Strong Resilience and emotional wellbeing 13-19  | Boot camp Mixed ages CYP  | Lets get Arty Mixed Ages CYP  |
| <u>2 PM</u> | Creative Creations Mixed Ages CYP  | Strong Resilience and emotional wellbeing 8-12  | Conflict resolution and managing anger 8-12  | One Community 13-19  | |
| <u>4 PM</u> | Coping through Covid Families  | Yoga Families  | Family Fun Families  | Staying Active Families  | |

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

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