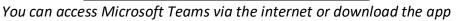
## The Children's Society

## **Online Activities**

## 6<sup>th –</sup> 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<br>(\                | Mixed ages CYP              | 13-19                   | Parents                               |                                    |
|              |                            |                             | <b>→</b>                |                                       | _                                  |
| <u>2 PM</u>  | Coping through Covid       | Strong Resilience and       | Conflict resolution and | Tips and guidance for                 | EYPDAS                             |
|              | Families                   | emotional wellbeing<br>8-12 | managing anger<br>8-12  | managing home learning Mixed ages CYP | Drug and Alcohol awareness session |
|              |                            | 0-12                        | 0-12                    | Wilked ages CTP                       | 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                          |                             | <b>₩</b>                | 3                                     | 3pm to 4pm<br>Ages 18 - 25         |
|              | •                          |                             |                         |                                       |                                    |

To book your place, please check out our website; <a href="www.childrenssociety.org.uk/east/services/safe-in-essex">www.childrenssociety.org.uk/east/services/safe-in-essex</a> 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)