
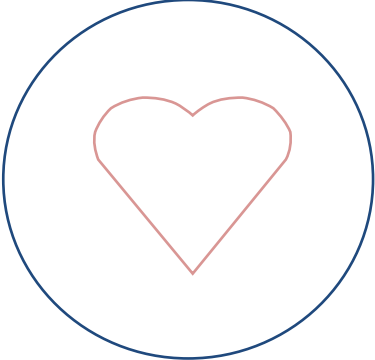
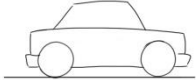


FLIPCHART TEMPLATES

1. Welcome	2. Overview of all sessions
	<p> Session 1 – Looking after ourselves Session 2 – Family Guidelines Session 3 – Active play, giving children choices Session 4 – Understanding children’s behaviour </p>
3. Group Guidelines	4. Car Park
	<p style="text-align: center;">Car Park</p> 
5. Overview	6. Five ways to Wellbeing
<p>Session 1 – Looking after ourselves</p> <ul style="list-style-type: none"> • Recognising signs of stress • Recharging our batteries • Five ways to wellbeing 	<p style="text-align: center;"> CONNECT BE ACTIVE TAKE NOTICE KEEP LEARNING GIVE </p>
7. Baseline questionnaire	
<p>Link:</p> <p>Area code:</p> <p>Programme code:</p>	