

We listen. We support. We act.
Because no child should feel alone.

The Children's Society

Online Activities






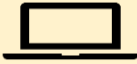



















Starting on the 1st June 2020 via Microsoft Teams
You can access Microsoft Teams via the internet or download the app



Ages
8-12 and
13-19.

To book your place, please contact Essexreferrals@childrenssociety.org.uk or 07725639571 with: Full name and age, Emergency contact details, what session, date and time of session/s you would like to attend. We will send you our confidentiality agreement which you will need to read and agree to the terms of. Let us know if you have had support from us before. Maximum of 8 young people per group.

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. You have the option of turning off your camera and microphone if you wish.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<u>10 AM</u>	Mindfulness and Relaxation 13-19 	Self-Care For You 13-19 	Staying Active for Life Mixed ages. 	Staying Safe in a Virtual World 8-12 	Building Communities Together 13-19 
<u>12 PM</u>	Staying Safe in a Virtual World 13-19 	Friend or Foe 13-19 	One Community (Closed) 13-19 	Drug and Alcohol Awareness 13-19 	Strong Resilience 8-12 
<u>2 PM</u>	Goals and Obstacles 13-19 	Boys Talk 13-19 	Fun Activities To Do At Home 8-12 	Staying Active for Life mixed ages 	Fun Activities To Do At Home 13-19 
<u>3 PM</u>	Staying Active for Life Mixed ages 	Quiz 8-12 	Strong Resilience 13-19 	Self-Care For You 8-12 	Girls Talk 13-19 
<u>4 PM</u>	Creative Creations 8-12 	Let's Get Arty 13-19 	Fun Activities To Do At Home 13-19 	Quiz 13-19 	Friday Dance Party Mixed ages 

Staying safe in a virtual world –
Looking at the online world and the issues you face.

Boys Rule –
Discussion group for boys to talk about current issues for them.

Girls Rule –
Discussion group for girls to talk about current issues for them.

One Community –
Discussion group for LGBTQ+ community to talk about current issues they face.

Strong Resilience –
Building your resilience during difficult and challenging times.