

# jenby's in schools

Dear parents and carers,

## Jenby's in schools - Home activity book

Please find attached a Jenby's in schools home activity book for you and your child to work through together if you wish to do so. This book aims to support children and parents/carers to talk about and process the difficult feelings they may be experiencing, whilst also giving them tools, fun activities and practical steps to manage these feelings.

### Parent / carer online video

I have created a short video that talks through how you can support your child whilst they work through the activity book. Press the link below to be taken to the Vimeo video:

<https://vimeo.com/403371787>

The password to access this video is: April2020

If you have any questions you can email me at [natalie.jewitt@jenbys.co.uk](mailto:natalie.jewitt@jenbys.co.uk)

### Competition

At the back of the activity book there is a competition page - all you need to do is email your child entry to the email address at the back of the activity book. A winner will be picked on Friday 17<sup>th</sup> April at 9am. The winner will be sent a fabulous puzzle book and a Jenby's in schools rainbow pencil!

### Social media

You can follow Jenbys on social media for lots of helpful links, advice, updates, books, resources and support:



/jenbyspsychology



/jenbyspsychology



/jenbysilkley

I hope you and your child(ren) enjoy using this activity book I look forward to seeing their competition entries!

Kind regards,

Natalie

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Jenby's in School

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