

Things I like that help me to feel happy and calm

- Spending time with my family and friends
- My dog called Dotty
- Sunshine
- Going to the beach
- Baking
- Swimming
- Walking
- Helping people to feel happy and calm if they are sad or worried about stuff
- Listening to different types of music sometimes loud and sometimes quiet
- Laying in hammock watching clouds
- Yoga



Hi, I'm Angie



I'm Dotty

What we might do on our sessions together?

- Relaxing massages that help people to feel calm
- Ear candles
- Making slime or crafting or painting pebbles
- Spending time with very friendly Dotty dog – but only if you like dogs
- Baking
- Playing board games
- Going outside and picking flowers from Sensi garden or having a walk
- Sometimes I help with the swimming and clinic sessions too

What will you need to do?

- Just turn up and I will show you the massage and yoga flat and try to answer any questions
- Choose snack and drink from the Sensi snack cupboard on the way if you would like to
- Tell me anything that you like or don't like about the sessions so we can try to make them a lovely time that you enjoy and help you to feel calm and happy



I very much look forward to meeting you