



Hi I am Annie,

You might want to know a bit about me?

- * I have a little girl who I love to dance, play and be silly with
- * I love being at senSI and meeting children and their families
- * I love being with friends and family
- * My Favourite place is the beach – I love the sea
- * I love to travel and I want to see more of the world

Things we might do in our sessions together

- * Balance and rock on the inflatable cushion
- * Hang from the trapeze bar
 - * Make dens!
 - * Plan obstacle courses
 - * Talk about your hobbies
- * Help you manage any worries
- * Try to help you feel calm at the end.

What do you need to do?

- * Wear clothes you feel super comfy in
- * Tell me the snacks and drinks you like and I will try my best to have these for you at the end of the session
- * Tell me the things you like and what interest you have – we can use these in your sessions
- * Tell me things you find tricky – we can avoid them or try to work through it together
- * Try to remember your Therapy Journal
- * **Have Fun!!!**

