



Out of School Club Resource Trolley

Autumn Term 2023

Feelings and emotions, including self-
regulation and co-regulation







Yoga for those who find calm in movements



Soft teddies for comfort

Gardening for mindful tasks



Books to reinforce key messages





What do we have to further support you?

Publications

- Promoting Children's Wellbeing £10
- Articles from current and previous Spotlight magazines
- Promoting children's wellbeing- The Toolkit £10
- Promoting staff wellbeing £5
- We also have a whole suite of training for our out of school clubs

<https://www.lancashire.gov.uk/early-years-support-and-training/out-of-school-settings-training/>

For further training opportunities visit
lancashire.gov.uk/earlyyearssupport



Contact us

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