**PNS Wellbeing Toolkit** offers a holistic approach to compassionate self-care. Inspired by PNS tools, Fill Your Cup, Emotional Flooding, PACT and Capacitar for kids. The following workshops are designed to promote health & Wellbeing.

Each hour session offers a safe space to check in, a reminder to Fill Your Cup, feedback and ‘experiential learning’.

**Overview**

**PNS Wellbeing Introduction Session**

Aim - To get to know each other, give overview/forms

**Session 1 – Breathing Techniques**

Aim – To promote calm

**Session 2 – Visualisations**

Aim – To create a safe/calm place

**Session 3 – Finger Holds**

Aim – To aid emotional intelligence

**Session 4 – Movement**

Aim - To have fun, promote calm, focus and concentration

**Session 5 – Massage**

Aim – To promote self-care

**Session 6 – EFT Emotional Freedom Technique**

Aim – To aid emotional intelligence

**Session 7 – Mindfulness**

Aim – To increase self – awareness of being in the moment

**Session 8 – Practise All Tools/Evaluation**

Aim – To celebrate success, practise and evaluate

