

Breakfast and Build-a-Kit



Come join us in the preschool for some breakfast and create a calm down kit with your child that you can use at home.

What is a calm down kit you ask?

- **A tool used to help a child who is feeling angry or frustrated.**
- **In the box you will find various sensory items to help regulate a child's nervous system, and help them to begin to feel happy again.**
- **This tool gives them the strategies and confidence to be able to manage their stress and anxiety on their own.**



* When: Thursday November 1st from 8:00 -9:00am

* Where: Flynn Elementary School

* All you have to bring is yourself! We will supply the rest

* Please RSVP to asutherl@bsdvt.org