

NJS Guardians of Safety

Doodle Club

- ❖ Wednesday lunchtimes 12 – 12.40
- ❖ In the Rainbow Room
- ❖ No need to sign up, just drop in
- ❖ Starting 1st May

What is it for?

Space to calm down
Time to relax and look after your wellbeing
We can help you with a problem
You can talk to a trusted adult or a Guardian of Safety

What can we do?

Doodle! Along with colouring, word searches and dot-to-dots
Sit and chat
Make new friends
Listen to music
Put a worry in the worry box
Read or look at books