FRIENDS Room



* **Thoughts In Our Head**
* **Feelings in Our Heart**
* **I Can Relax**
* **I Can Feel for Somebody Else**
* **I Can Do It.**

**We are glad to announce that the FRIENDS Room is now open.**

**This is a Head-Space Room for children, staff, parents.... anybody who needs to find a relaxing, calm space to de-stress, unwind, re-calibrate.**

**Rules:**

1. **Room locked when not in use ... Ask a staff-member to fetch it for you.**
2. **No children in there on their own…. Children must be supervised.**
3. **Please use CD’S...beautiful calm, re-calibrating, affirmative stories,,. sounds of nature, ...relaxing music.**
4. **Shoes off (if possible)...leave them neatly across the corridor outside the room...This is also an indication that the room is occupied.**
5. **All communication should be affirmative and positive.**
6. **Believe ''I am special.... so are you''.**