



Say **BOO** to your worries with Solar at Halloween

We are inviting **5-11 year olds** across Solihull to join us as we explore our worries this Halloween. We are offering a one-off session filled with fun and educational activities around worries and emotions - small people friendly!

including slime making, worry monsters, glitter jars, and mindfulness

Tuesday 31st October 2023

10am-12:30pm

Three Trees Community Centre

*fancy dress or
come as you are*

Register your interest by emailing bsmhft.schools@nhs.net

Let us know your child's name, age, your contact details, and any allergies! A member of the team will be in touch to gather some additional information and to confirm your place. Places are on a first come first served basis.