

IMPACT Wellbeing Programme

KIND HANDS

IMPACT activities use positive and nurturing touch for early years children, their parents and carers.

Children learn through play to form positive relationships and develop respect for others.

Children are taught how to use simple touch strokes on the back. They create images in nursery rhymes, stories and songs.



Kind Hands activities:

- Aid development of communication and language
- Develop co-ordination, control and movement
- Contribute to personal, social and emotional development
- Are FUN for children, parents and carers



Used by adults working in:
Children's centres
Family centres
Nurseries
Playgroups
The home

www.touchlinetraining.co.uk

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Instructor's Training

Develop skills for life

Adults attend a one-day training course with resources to download from the website.

Additional support for Instructors. Resources available to download from our website

Instructors provide:

One off introductory sessions or a series of workshops for individuals or groups of children, their parents and carers. They teach them how to use Kind Hands activities and give them the skills, knowledge and confidence to develop their own.

"It gave me lots of ideas I hadn't thought about and also the confidence to try."

*Nursery teacher
Bristol*

Make wellbeing *YOUR* concern!

For further details visit: www.impact4wellbeing.co.uk

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