

## What is it?

All About Me is a therapeutic group programme for children who have experienced trauma linked to domestic abuse. Each session focuses on an interactive activity which helps to develop confidence and self-esteem.

## Who is it for?

The All About Me Programme is open to children who are between four and eleven.

## Want to run this programme?

The programme runs as 12 x 1.5 hour sessions.

Pricing may vary depending on group size, duration and location.

Please contact us for more information on the delivery of this programme.

**01227 452852**

Open Monday – Friday 9am–5pm

[info@risingsunkent.com](mailto:info@risingsunkent.com)

[www.risingsunkent.com](http://www.risingsunkent.com)

24 Hour Domestic Violence Helpline

**0800 917 1414**

Open to anyone affected by domestic violence



## The All About Me Programme



**Rising Sun**  
Domestic Violence  
& Abuse Service

## Where is it run?

There is a flexible approach and the programme can be run in a number of different venues including schools and Children's Centres.

## Who would purchase this program?

Schools  
Social Services  
CAMHS  
Looked After Children Agencies

## Overview

Traumatized children may feel that the world is an uncertain and unpredictable place. Such children can become socially isolated, have difficulties relating to, or empathizing with others. Lack of emotional competence can leave them confused and without the necessary strategies for self-soothing. This, in turn, may lead to negative relationship patterns and poor behavioural adjustments throughout life.

## What are its aims?

- To help children increase self-esteem.
- To increase emotional understanding, resilience and empathy.
- To assist children to recognize their physical and emotional reactions to difficult situations.
- To encourage children to develop confident behaviour that shows caring and respect to others.
- To help children develop coping strategies through engaging in fun activities which target the above objectives.

MY LIFE SNAKE

MY SAFE PLACE VISUALISATION

FRIENDSHIP FLAG

SECRET CUPBOARD WORKSHEET

THE REAL ME QUIZ

REMOTE CONTROL GAME