

# NAVIGATING TRANSITIONS

**By Bounce Forward,  
in partnership with  
DSPL8**



**Four, 60-minute online sessions  
Starting 2<sup>nd</sup> June 2025  
20:00-21:00  
All sessions will be recorded**

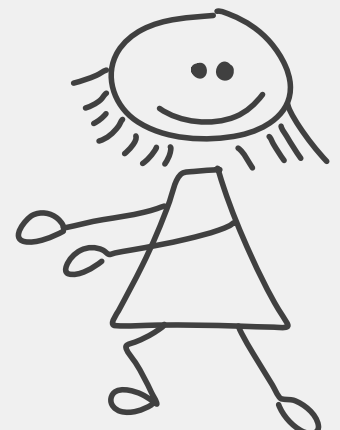
**SIGN-UP HERE**

**Navigating Transitions is built on our unique approach to develop psychological fitness (mental resilience and emotional wellbeing), using a series of high quality activities that support children through times of change or uncertainty.**



## **Areas covered include:**

- Building skills and knowledge of calm and focused strategies
- Explore the 'good' side of moving on
- Recognise the link between thoughts, feelings and behaviour
- Practise reframing unhelpful negative thoughts about change and transition
- Explore the difference between optimism and pessimism
- Practise expressing gratitude
- Developing resilience to cope well with transition and in life in the future



**Free for parents, with thanks  
to DSPL8 Dacorum**

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