

Kitbag

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kitbag is a set of tools designed to help people become calm resilient and understanding of each other which in turn builds positive relationships the resources are suitable for use by three year olds and

kitbag package innovate 130 00 990 00

kitbag online provides app access to the feelings card presence cards animal cards and wonder journey in addition to individual use the app may be used to run a kitbag session in local groups

kitbag invites users into an engagement with their inner capacities for real learning growth and healing it reminds us of carl rogers well evidenced work we have inner resources to draw on a capacity to

this web based meetings app provides access to a variety of core iff resources useful for workshops and meetings held online it includes the iff prompt cards and the contents of the mini kitbag the

the mini kitbag can be used by individuals in a group between partners and by adults or children the presence card is chosen or picked randomly and the user does what it says on the card

4 feb 2019 the feelings card in kitbag offers ways for people to share how they feel with others in an entirely subjective and non judgemental way using a palette of colours rather than any calibrated

the kitbag is an invitation to us to innovate and think out of the box as a social worker i used to think exclusively in terms of the theories and approaches that i could use from textbooks

the kitbag calming oil combines a special blend of essential oils which provide a pleasant smell when inhaled it is soothing and helps to evoke calm and balance

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