



TECH THERAPY AT SRC



School Refusal Clinic uses a variety of tech-based resources to help kids engage in therapy as well as spend less time on their screens.



WALKY TALKIES

These are a fabulous way to transition kids back to sleeping in their own rooms whilst still allowing them to feel connected

DRONES

There are lots of cost effective options of these that help kids get outdoors and off their screens whilst still feeling techy



THE MIRACLE CUBE

These are timer cubes are a fun way to help set limits on homework, timeout, chores, screen time, hygiene tasks and bedtime

SCOOTERS

If the budget allows, an electric scooter is another great way to get kids outdoors and engaging in nature, exercise and socialising



Feedback



Try some of these ideas out at home and let us know what works for you