

Understanding Anxiety



**A series of three workshops for
Parents and Carers wanting to find out more about
anxiety and how to help children try and manage
their worries.**

Session 1: Tuesday 25th February 2020

*Developing emotional regulation and finding out about our
'Emotional Pot'.*

9.00 till 10.00 a.m.

Session 2: Tuesday 3rd March 2020

*What is stress? What is anxiety? and finding out about our
'Window of Tolerance'.*

9.00 till 10.00 a.m.

Session 3: Tuesday 10th March 2020

*The 5 Steps of Self-Regulation and building our
Personal 'Toolkits'*

9.00 till 10.00 a.m.

These workshops will be led by Mrs Lewis (SENCO/Assistant Head), with coffee and biscuits of course! Each workshop builds on the previous one so it is important to try and attend all three if you can. There will be a chance to chat informally and to ask questions as part of each session.

In acknowledgement that we have many working parents, there will be a single re-run held as a longer twilight session on:

Twilight Repeat Session: Thursday 30th April

From 5.30 pm to 7.00 pm.

There are limited places, so please express your interest at school office as soon as possible and book a place if you would like to attend.

Thank you for your interest,
Cindy Lewis (SENCO/Assistant Head)