



Helping Children to Overcome Anxious Thoughts and Worries

A 2-hour session delivered in school

On: Wednesday, 24th November 2021

At: 9am -11am

The session will give you the opportunity to

- Discuss what happens when children become anxious
- Look at techniques for helping children deal with their fears and worries
- Share ideas and encouraging one another
- Have a go at using some of the resources that can be used with children.



How does anxiety make your body feel?



Please contact Mrs Payne at the school office 01344 455815 to book a place.

A limited number of places are available.