



Helping Children to Overcome Anxious Thoughts and Worries

A 2-hour session delivered in school

On: Wednesday 25th May 2022

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?



Step ladders to success

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

A limited number of places are available.