



Helping Children to Overcome Anxious Thoughts and Worries

A 2-hour session at your school

Date: Wednesday 25th May 2022

Time: 9:15 – 11:15am

Contact:

Please contact Mrs Payne at the school office 01344 455815 to book. A limited number of places are available.

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.

