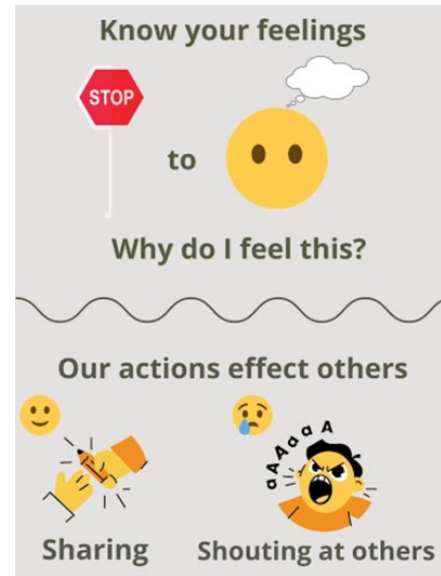


Our aim is to support the emotional development of our children by helping them manage big emotions.



Children are invited to attend these sessions after discussions with their class teacher. It is a small group session and we have very clear boundaries and expectations of acceptable behaviour.

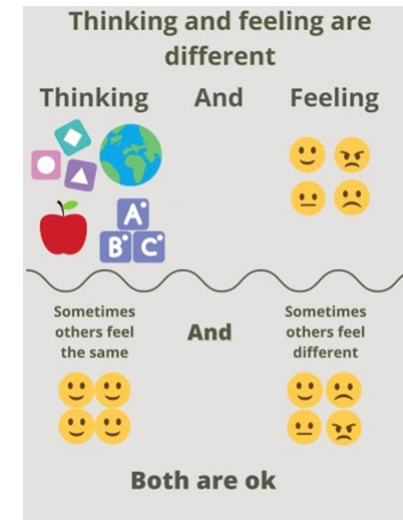


Members of our Wellbeing team run these sessions and if you have any queries please contact the school office.

TEL: 01745 353447



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Some of the areas that we work on are:

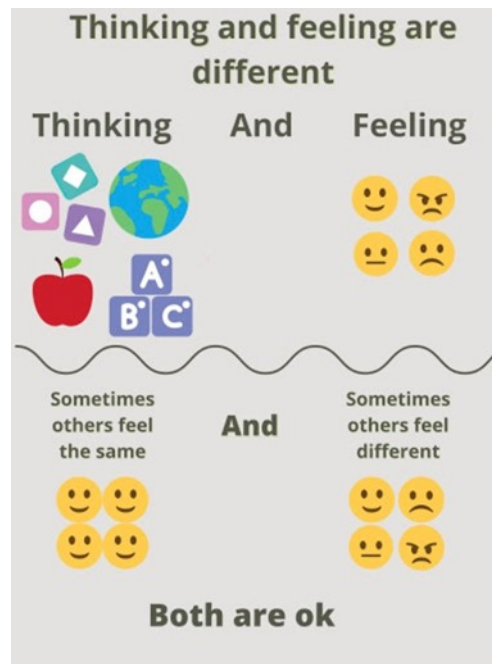
- ♦ Recognising emotions
- ♦ Friendship skills
- ♦ Anger Management
- ♦ Being Empathetic
- ♦ Realising consequences

Each session is structured the same to provide a sense of familiarity with a different activity in each session to encourage thought and discussion.



Children are encouraged to reflect, discuss and come up with solutions to any issues they may have dealing with large emotions. Each child sets themselves a weekly target to try to achieve.

Sessions usually last for 30-45 minutes.



We hold these groups in a quiet area of the school to give children the opportunity to express themselves in a comfortable environment. We stress the importance of making no judgement about past issues.

