

# Wellbeing Week

20th May - 24th May 2019



Do you want to find out more about how your child is feeling?



Do you want your child to develop a good understanding of their emotions?

Would you like to learn some techniques for you and your child to manage stress?



Would you like to support your child to have a positive attitude that will help them to succeed?

If the answer to any of these questions is yes, please join us for one of our Wellbeing Workshops. These workshops will be a chance for parents and their children to work together to complete activities linked to the work completed in class during Wellbeing Week. Complete the slip below to indicate which workshop you would like to attend and return it to the school office by Friday 10th May.

The workshop will include:

- advice on good websites to access for support
- information on developing a 'growth mindset' to help overcome obstacles in learning and life
- ideas about activities to help children who are feeling sad, angry, anxious or who are experiencing other 'hard to handle' emotions

Many activities this year are new, so feel free to attend even if you came last year!

Child's Name: \_\_\_\_\_ Class: \_\_\_\_\_

Adult attending: \_\_\_\_\_ Relationship to child: \_\_\_\_\_

Tick to indicate which workshop you would like to attend.

Monday 20th May 9am-10.15am

Tuesday 21st May 3.30pm-4.45pm

Wednesday 22nd May 2pm-3.15pm

Thursday 23rd May 5pm- 6.15pm