

Dear Families

The Rise Mental Health Support Team are working within our school this term.

They will be offering a workshop for adults

“Emotions and Co-regulation”

Thursday 16th March, 2- 2.45pm.

Workshop content: · Helping your child to notice and name emotions · The importance of modelling emotion regulation · The importance of de-escalating and listening · Helping children regulate own feelings and emotions by being there · Understanding upstairs and downstairs brain · Calm down exercises · You can't pour from an empty cup: Self-care for parents

The workshops will be delivered by qualified Education Mental Health Practitioners, you can find more information about our service on our website

<https://rise.childrenssociety.org.uk>

*****Families and School Together*****