

Managing Feelings

Course Details

Dates and Times To organise dates for your setting please contact Davinder-Singh.Dhesi@leicester.gov.uk (Senior Educational Psychologist)

This programme consists of one hourly sessions for 7 weeks.

Venue Collegiate House, College Street, Leicester. LE2 0JX
☎ 0116 221 4800 📠 0116 221 1216

Audience ■ Therapeutic Group Intervention programme for Year 2, 3, 4 or 5 (age 6-10)

Areas Covered

- The Managing Feelings Programme is for children showing early signs of anxiety, emotional distress or disruptive behavioural patterns as these children are at an increased risk of developing mental health difficulties
- The programme aims to improve emotional literacy skills by helping children identify and name their feelings, understand the feelings of other people and effectively communicate their feelings in an acceptable way
- The purpose of the programme is to provide children with opportunities for learning about issues relevant to managing feelings, such as dealing with strong feelings and understanding the impact of body language together with the development of social and cognitive skills necessary for the management of feelings

Course Outcomes

- Pupils will develop improved emotional literacy skills
- Pupils will also acquire skills to identify and manage their feelings

Course Leader Davinder-Singh Dhesi (Senior Educational Psychologist)

Cost Leicester City Maintained Schools/Settings: £525
Non-Maintained Schools/Settings : £630

How to apply To book your place visit www.lls.leicester.gov.uk
Full terms and conditions can be found on the website