

# FAMILY LEARNING

WITH LIFE EDUCATION CENTRE NOTTINGHAMSHIRE

## COPING WITH ANXIETY



Activities provided to try out at home with your children



Understanding feelings and managing emotions

What it is to have good listening skills



How to build self-esteem for your children

Building a bank of stress management techniques

Managing your child's anxieties

All mums, dads, grandparents and carers are welcome!

Join us at Rise Park Primary on Thursday afternoons from 1-3pm

Session	What it's all about...		
1	23 <sup>rd</sup> February	Supporting Children with Anxiety	About Me 5-day happiness challenge A-Z of coping strategies
2	2 <sup>nd</sup> March	Managing Anxiety	Ways to help children and young people manage anxiety What it means to have an attitude of gratitude
3	9 <sup>th</sup> March	Stress Management	What is stress? Understanding coping strategies Reframing thoughts 10 keys to happier living
4	16 <sup>th</sup> March	Building Confidence and Resilience	Helping your children to feel good about themselves Helping your child to have an "I can" attitude Self-esteem Top tips for resilience

If you would like to come and join **Coping with Anxiety**, please return this completed slip to your child's class teacher:

Please provide us with your email so we can send you course information.

Child's Name:

Child's Class:

Parent / Carer Name:

Telephone:

Email:

Funded by:



Education & Skills Funding Agency



Nottinghamshire County Council



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