

# 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!

Come join us at Rise Park on Thursday mornings at 9am

Session		What it's all about...
1	June 20 <sup>th</sup>	Supporting Children with Anxiety <ul style="list-style-type: none"> <li>- 5 steps to mental wellbeing</li> <li>- 5-day happiness challenge</li> <li>- A-Z of coping strategies</li> </ul>
2	June 27 <sup>th</sup>	Managing Anxiety <ul style="list-style-type: none"> <li>- Ways to help children and young people manage anxiety</li> <li>- What it means to have an attitude of gratitude</li> </ul>
3	July 4 <sup>th</sup>	Stress Management <ul style="list-style-type: none"> <li>- What is stress?</li> <li>- Understanding coping strategies</li> <li>- Reframing thoughts</li> <li>- 10 keys to happier living</li> </ul>
4	July 11 <sup>th</sup>	Building Confidence and Resilience <ul style="list-style-type: none"> <li>- Helping your children to feel good about themselves</li> <li>- Helping your child to have an "I can" attitude</li> <li>- Self-esteem</li> <li>- Top tips for resilience</li> </ul>

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:	INSERT CHILD'S NAME
Child's Class:	INSERT CHILD'S CLASS
Parent / Carer Name:	INSERT PARENT / CARER NAME
Telephone:	INSERT TELEPHONE NUMBER
Email:	INSERT EMAIL

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