

Workshop for Parents/Carers

Recognising and Managing Difficult Emotions

Presenter: Joe Metcalf-Mcqueeney

From: Re-engagement Unit, Hackney Education

This workshop is open to all parents/carers. It will be an hour-long session focussing on how to develop emotional literacy and strategies to regulate emotions.

By the end of the session:

- ✓ Participants will gain an understanding of how dysregulation and stress affect the functioning of the brain using the hand model of the brain
- ✓ Participants will have an understanding of the scaffolds needed to enable a child to effectively communicate their emotional state
- ✓ Participants will have an understanding of their role in supporting children to manage their emotions
- ✓ Participants will have a bank of effective strategies to help support children to manage their emotions

Date: Tuesday, 28.3.2023

Time: 9:15- 10:15

Location: Depending on number of attendees, we will make arrangements.
Please let the front office know if you are interested to attend.