

## Reflexions Workshop Menu – Primary Education Settings

Workshop Title	Learning Outcomes	Audience
<b>What is anxiety?</b>	<ul style="list-style-type: none"> <li>• To understand what anxiety is</li> <li>• To understand the terms used to describe anxiety</li> <li>• To understand why we experience anxiety</li> <li>• To learn the different responses to anxiety i.e.; fight, flight and freeze</li> <li>• To learn strategies to help</li> </ul>	KS2
<b>Preparing for tests</b>	<ul style="list-style-type: none"> <li>• To understand what anxiety is</li> <li>• To understand the terms used to describe anxiety</li> <li>• To recognise why we experience anxiety</li> <li>• To understand the different responses to anxiety i.e.; fight, flight and freeze</li> <li>• To learn strategies and tips about how to manage anxiety related to tests/examinations</li> </ul>	Year 6
<b>Preparing for Secondary School</b>	<ul style="list-style-type: none"> <li>• To recognise the different feelings associated with transition</li> <li>• To learn strategies to help if we are feeling anxious</li> <li>• To understand who we can speak to if we are feeling anxious</li> <li>• To begin to think about new opportunities at Secondary School</li> </ul>	Year 6
<b>Looking after our wellbeing</b>	<ul style="list-style-type: none"> <li>• To understand that we all have physical and mental health and the importance of looking after both</li> <li>• To develop an understanding about how we look after our mental health</li> <li>• To name and recognise the 5 Ways to Wellbeing</li> <li>• To learn ways to achieve the 5 Ways to Wellbeing</li> <li>• To learn how to incorporate CBT informed techniques to support with wellbeing</li> </ul>	KS1/KS2
<b>Friendships and Mental Health</b>	<ul style="list-style-type: none"> <li>• To understand what a happy and secure friendship looks like</li> <li>• To identify who we could talk to if we are having friendship problems</li> <li>• What makes a good friend?</li> <li>• To learn more about our feelings and how this can impact on our friendships</li> <li>• To know how to help a friend when they have big feelings</li> </ul>	KS1/KS2
<b>The importance of getting a good night's sleep</b>	<ul style="list-style-type: none"> <li>• To understand why sleep is important to us</li> <li>• To understand what prevents us from sleeping well</li> <li>• To identify and understand how anxiety may impact upon our sleep</li> <li>• To understand how to get a better night's sleep</li> <li>• To identify and learn about coping strategies</li> </ul>	KS2
<b>Ways to help when we feel sad</b>	<ul style="list-style-type: none"> <li>• To recognise what feeling sad looks like</li> <li>• To recognise when someone is feeling sad</li> <li>• To learn strategies to help us to feel better</li> </ul>	KS2
<b>Feelings and Emotions</b>	<p><b>KS1</b></p> <ul style="list-style-type: none"> <li>• To understand what little and big feelings are and how we may experience these</li> <li>• To learn strategies to help when we experience big feelings</li> </ul> <p><b>KS2</b></p> <ul style="list-style-type: none"> <li>• To understand how we can regulate our own emotions independently</li> <li>• To learn strategies to help when we experience difficult emotions</li> </ul>	KS1/KS2
<b>Social Media and Mental Health</b>	<ul style="list-style-type: none"> <li>• To understand what the positives and negatives of social media are</li> <li>• To learn how we can have a more positive time using social media</li> <li>• To identify ways we can help ourselves and help others when we are struggling with our mental health</li> </ul>	KS2



**Reflexions Workshop Menu – Support for parent(s), carers and guardian(s)**

<b>Workshop Title</b>	<b>Learning Outcomes</b>	<b>Delivery</b>
<b>Supporting your child to manage anxiety</b>	<ul style="list-style-type: none"> <li>• To understand what anxiety is</li> <li>• To understand reasons why your child may experience anxiety</li> <li>• To understand the fight, flight and freeze responses</li> <li>• To learn strategies to support your child to manage their anxiety</li> </ul>	In person or Online
<b>Helping your child prepare for exams/tests</b>	<ul style="list-style-type: none"> <li>• To understand what anxiety is and how it can affect your child</li> <li>• To learn useful tips to help your child when they are preparing for tests</li> <li>• To learn self-help strategies for your child to use during their exams/tests</li> </ul>	In person or Online
<b>Supporting your child with transitions</b>	<ul style="list-style-type: none"> <li>• To understand the different feelings associated with transition</li> <li>• To learn strategies for how to support your child to manage their anxiety</li> <li>• To understand who you can speak to and where to go if you or your child is feeling anxious</li> <li>• To help your child to begin to think about new opportunities at secondary school</li> </ul>	In person or Online
<b>Talking about Mental Health with your child</b>	<ul style="list-style-type: none"> <li>• To understand what Mental Health is</li> <li>• To name and recognise the 5 Ways to Wellbeing</li> <li>• To learn ways to achieve the 5 Ways to Wellbeing</li> <li>• To learn strategies to assist with talking about Mental Health with your child</li> </ul>	In person or Online
<b>The importance of sleep and how it can impact on your child's wellbeing</b>	<ul style="list-style-type: none"> <li>• To understand why sleep is important for your child</li> <li>• To understand what prevents your child from sleeping well</li> <li>• To identify and understand how anxiety may impact upon your child's sleep</li> <li>• To identify ways you can support and manage your child's anxiety at bedtime</li> <li>• To understand how you can support your child with getting a better night's sleep</li> </ul>	In person or Online
<b>Supporting your child with low mood</b>	<ul style="list-style-type: none"> <li>• To recognise what low mood looks like</li> <li>• To recognise when your child may be feeling low in mood</li> <li>• To learn strategies to help your child manage and to feel better</li> </ul>	In person or Online
<b>Supporting your child with social media and their mental health</b>	<ul style="list-style-type: none"> <li>• To gain an understanding about what social media is</li> <li>• To examine the advantages and disadvantages of social media</li> <li>• To gain an understanding about how social media can affect your child's mental health</li> <li>• To develop an understanding about how to encourage your child to make more positive choices when engaging with social media to promote good mental health</li> </ul>	In person or Online