



**Mental Health
Support Team**

Summer Holiday Workshops

Reflexions are offering a number of free workshops during the Summer Holidays to support children and young people's mental health and wellbeing.



Inside Out - Feelings and Emotions Workshop

Tuesday 30th July 2024

Tuesday 27th August 2024

Moving to Secondary Workshop

Tuesday 13th August 2024

Church of the Ascension Primary School, DY6 9AH

9:30am - 11:30am

Worry Management Workshop


Thursday 8th August 2024

Inside out - Feelings and Emotions Workshop

Thursday 22nd August 2024

St Thomas' Church, Market Street, DY8 1AQ

1:30pm - 3:30pm



Spaces on our workshops are limited and therefore we ask that you book a place onto the workshop(s) by emailing bchft.reflexions@nhs.net. More information regarding our workshops can be found below.



Inside Out - Feelings and Emotions Workshop

Aimed at KS1 and KS2, children and young people will learn how to:

- Identify emotions and how they feel in their body.
- Learn strategies to support them with different emotions.
- Link thoughts and actions to how they feel.



Moving to Secondary Workshop

Aimed at those in Year 6 moving to Year 7 in September, children and young people will learn how to:

- Understand different types of worry.
- Understand how change can affect their emotions.
- Understand how physical sensations can be affected by change.
- Learn cognitive and practical strategies to aid experiences of change.
- Learn how their qualities and skills support them with change.



Worry Management Workshop

Aimed at KS1 and KS2, children and young people will learn how to:

- Understand that worrying is normal.
- Identify different types of worries: future and practical.
- Understand how to use a worry tree.
- Understand how to complete worry time at home.
- Use at least one grounding technique.