

MOLLY POTTER

emotional literacy & wellbeing

Emotional Literacy for schools

This training day is aimed at primary schools and will equip staff with the motivation, understanding and tools for improving children's emotional literacy. It includes some aspects of theory as well as practical ideas that can be used to support children to develop emotional intelligence.

The course covers

- What is good emotional literacy and what is its impact?
- How emotional literacy helps us to become more self-aware.
- Some psychoeducation – why we have emotions
- Exploring the link between emotions, thoughts and behaviours.
- Helping children develop emotional literacy – what do they need to learn.
- Lesson and activities ideas for developing children's emotional literacy (including games and drama activities)
- Coping strategies for anxiety and low mood.

Molly has several published books linked to developing emotional literacy and also many years of experience supporting children who struggle to regulate their emotions.