



# Drumbeat Outreach

## **Professional Workshop**

### **Running an Emotions Toolkit Group**

A practical workshop with resources to support staff to set up and run an Emotions Toolkit Intervention. The Emotions Toolkit is a six week programme which can be implemented for a whole class; a small group, or with an individual student. The programme supports and encourages students to explore the ways in which different emotions manifest and when these emotions can be helpful and unhelpful to us. Through a mixture of discussion and activity-based sessions, students will develop a 'toolkit' of practical strategies for recognising and effectively managing a range of different emotions.

**Thursday 4<sup>th</sup> February 2021 – 1.30-3.00pm**

**This session will be a webinar.**

Please email [outreach.admin@drumbeat.lewisham.sch.uk](mailto:outreach.admin@drumbeat.lewisham.sch.uk) or telephone 020 7635 9022 to reserve your place.

**Cost - £35 per person**



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