

# Understanding Anxiety



Unfortunately, the current shutdown and restrictions mean that we were unable to run our proposed 'Understanding Anxiety' evening workshop for parents this month.

However, as mental health and anxiety are important topics for us all right now, we have amended our presentation into **6 bite-sized sessions** of about 15 to 20 minutes each that you can access here!

They are designed to be seen in order and each PowerPoint leads you into the next. There are even a couple of homework activities to keep you busy!

*We have also designed a leaflet available called 'An Easy Way into Emotions for Young Children' that will complement these presentations.*

We hope you find these resources useful.  
Stay safe and look after yourselves.  
We hope to see you very soon.