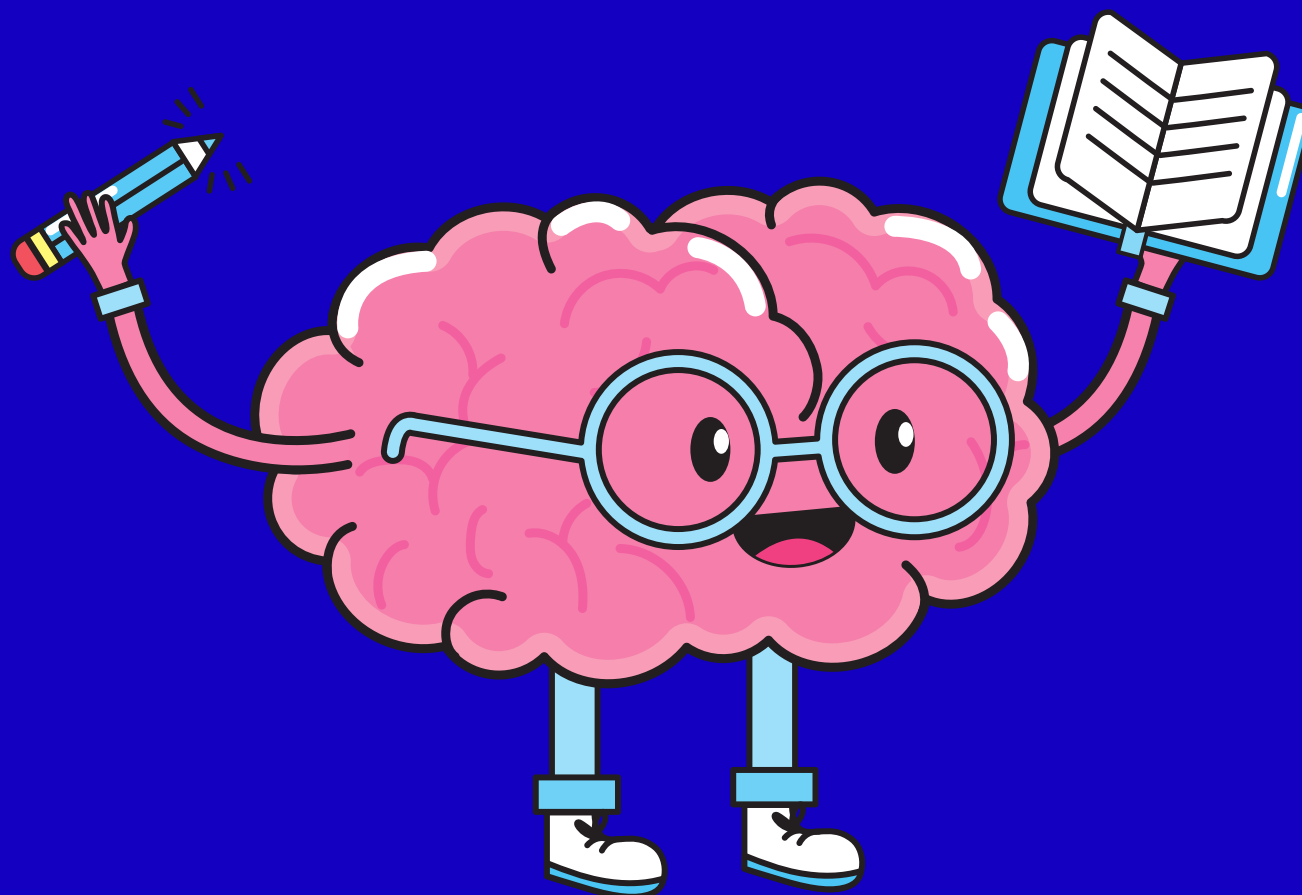




*mind*  
in West Essex

## **Mental Health Support Teams in Schools** **Epping Forest**



# **Come & join us for our Brain Buddies Celebration**

**Wednesday 19th April 2023**

**9-10am - Year 4, Beech Class (please arrive at 8:50am)**

**10:15-11:15am - Year 5, Sycamore Class (please arrive at 10:10am)**

**On arrival can we please request that all parents line up outside the school hall.**

The Brain Buddies group work is an emotional regulation course, based on the zones of regulation. This course is delivered to years 4-6 and is delivered to the whole class. The course is run over a period of 8 weeks and each session is approximately 60 minutes.



**We look forward  
to welcoming you  
to our celebration!**

The children are taught how to recognise, name and manage their emotions. The course gives helpful ways to deal with big emotions and equips the child with useful tools to use throughout school life and beyond.