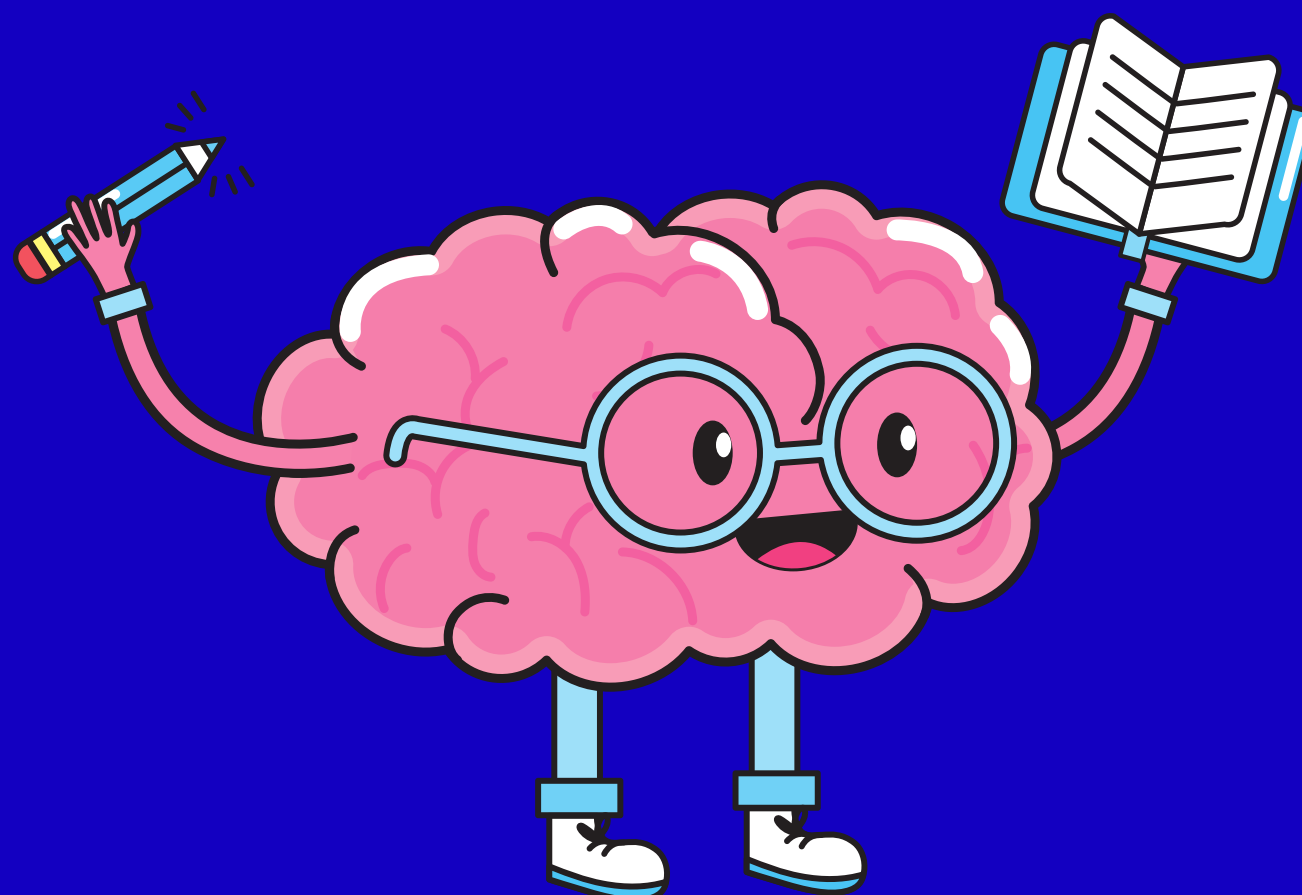




mind
in West Essex

Mental Health Support Teams in Schools Epping Forest



Come & join us for our Brain Buddies Celebration

Tuesday 5th March 2024

9-10am - 3H Class (year 3)

10:15-11:15am - 4M Class (year 4)

On arrival can we please request that all parents/carers arrive via the main school office.

The Brain Buddies group work is an emotional regulation course, based on the zones of regulation. This course is delivered to years 3-6 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.