



UNDERSTANDING YOUR EMOTIONS PUPIL WORKSHOP

Dear Parent/Carer

This term, pupils in your child's class/year group are invited to take part in an 'Understanding Your Emotions' workshop, delivered in school by the CAMHS Mental Health In-Reach to Schools Team.

The aim of this workshop is to help pupils develop a better understanding of their emotions and learn simple, practical ways to manage strong feelings safely and effectively.

During this workshop, pupils will:

- Learn what emotions are and why we have them
- Explore how emotions affect thoughts, body responses, and behaviour
- Recognise early signs of feeling overwhelmed
- Learn simple calming and grounding strategies

This workshop is a psychoeducational session and is designed to support emotional wellbeing and build everyday coping skills.

This is a valuable opportunity for pupils to learn practical strategies and feel more confident talking about their feelings.

If you do not wish for your child to take part in this workshop, please inform a member of school staff.

CAMHS Mental Health In-Reach to Schools

