

Worry Woos



The Program

This program is designed to develop children's ability to identify and respond to emotions, in particular worry. It uses quirky characters that teach children about big emotions through different stories.

Skills Targeted

- Develop knowledge and awareness of emotions such as worry, frustration, confusion, and fear
- Gain an increased awareness of how emotions look and feel
- Learn and practice coping strategies
- Use positive thinking strategies to cope with emotions

Details

Starting Date: 9th May

Frequency: Weekly Tuesdays (5 Sessions + 1 Report)

Time: 4pm-5pm

Age: 5-9 years

Location: Bundoora

Price: \$570 (Individual Session Breakdown Provided in Confirmation Email)