



## The Program

The Worry Woos<sup>®</sup> program uses children's books, plush characters and an evidenced-based curriculum designed by Andi Green to develop social and emotional learning. Each session tackles complicated feelings and puts a positive spin on topics that can be difficult for children to navigate.

## Skills Targeted

- Develop knowledge and awareness of emotions such as worry, frustration, doubt, insecurity, 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
- Develop resilience and self-confidence

## Details

**Starting Date:** Term 4

**Frequency:** Weekly Tuesdays (5 Sessions + 1 Report)

**Time:** 4pm-5pm

**Age:** 5-9 years

**Location:** Bundoora

