Supporting the Anxious Child

The Supporting the Anxious Child Workshops are considered secondary interventions and are designed to educate and to also empower school staff with the insight and tools to make positive changes to enhance the health, wellbeing and resilience of the children they work with. All workshops are designed with and delivered by a qualified expert and are planned around the major pillars of health and wellbeing.

The workshop is interactive through a mesh of methodologies – PowerPoint, video, collaboration, interaction, reflection, case studies, discussion, mindful reflection, etc.

**Session 1 includes:**
Examination of the meaning of wellbeing and resilience.
Exploration of what worry and anxiety is and also its relationship to mental health.
Consideration of how the anxious child presents in the classroom and in the home.
Exploration of some grounding techniques to teach an anxious child

**Session 2 includes:**
The role of empathy in our lives and a closer look at the empathetic child.
Examining the relationship between staff wellbeing and student wellbeing.
Using wellbeing areas to support the anxious child in supporting their own personal wellbeing and in addition to building their resilience skills.
Mindful Reflection to support the anxious child.

Dorothy Scarry completed her MSc in Workplace Health and Wellbeing in Nottingham University in 2018. She has taught all classes and SET for the past 19 years as a primary school teacher in County Roscommon. Her 2018 MSc Research project was titled “The Psychosocial Working Conditions and Wellbeing of Irish primary teachers”. She has a PGCE in Primary Education, HDip in Secondary Education and BA (English, Sociology and Politics). Dorothy is a member of the INTO, Teaching Council, Association of Health Promotion Ireland and the Society of Occupational Medicine. She is Mental Health First Aider and has also completed further CPD in Health Coaching, Mindfulness and Nutrition.

**DATE:** Session One: Monday 9th March  
Session Two: Wednesday 18th March 2020  
**TIME:** 6:00PM – 8:00PM  
**VENUE:** Carrick on Shannon Education Centre  
**PRESENTER:** Dorothy Scarry  
**COURSE CODE:** 20LC-SP31

**PLEASE NOTE SESSION ONE AND TWO WORKSHOPS ARE A REPEAT OF THE WORKSHOPS HELD ON TUESDAY 3RD & 10TH March 2020 AT THE EDUCATION CENTRE BETWEEN 6&8PM**

To book your place on this course log onto www. Carrickedcentre.ie