St George's Junior School

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Our ref: CW/AMM

13th January 2026

Parent Workshop- Emotion Coaching

Helping Children Understand, Express & Manage Their Emotions

Friday 6th February | 9:00–9:45 am | St George's School Hall

Emotion Coaching is a supportive, evidence-based approach that helps children recognise emotions, regulate behaviour, and build emotional resilience.

In this session, parents will learn how to:
• Respond calmly to big emotions
• Help children label and understand feelings
• Build emotional resilience and confidence
• Support positive behaviour and wellbeing

All parents and carers are welcome.

No prior knowledge needed.

Please complete the forms link no later than 3rd February 2026 to indicate your attendance.

Parent Workshop- Emotion Coaching – Fill in form

Yours faithfully,

C Worley
Miss C Worley
Deputy Headteacher