BOURNE ELSEA PARK CHURCH OF ENGLAND PRIMARY ACADEMY
CEO/Executive Headteacher: Mrs S J Moore
Head of School: Mrs L Jordan
Email: BEP.enquiries@abbeyacademies.co.uk
Sandown Drive **Tel: 01778 426968**
Bourne

13th May 2025

Dear Parents/Carers,

LINCOLNSHIRE STAY SAFE PARTNERSHIP – 'YEAR 2 DEALING WITH EMOTIONS'
MONDAY 23RD JUNE 2025

We are pleased to let you know that our Year 2 pupils will take part in a Dealing With Emotions workshop on Monday 23rd June, led by Tom Barker from the Lincolnshire Stay Safe Partnership.

What is the workshop about?
During the workshop, children will:

- explore different emotions, and how our bodies react to those emotions
- develop an understanding that all emotions are important
- identify what makes them feel different emotions, through writing and drawing one thing for each emotion, such as: happy, sad and anxious
- discover different techniques to cope with emotions through an interactive toolbox activity
- discover, things to do in the moment, when calming down and after an emotional event

Why is it important?
The workshop will help children be better prepared when dealing with emotions.

This is a fantastic opportunity for our pupils to develop their confidence in relationships with peers and have a better understanding of managing emotions and applying coping techniques in a safe and structure environment.

If you have any questions or concerns about the content of the workshop, please do not hesitate to speak to your child's class teacher.

Thank you for your support.

Yours sincerely,

The Year 2 Team