

SS&L

Outline of Proposed Spring-Summer 2025 Workshops / Courses

| THEME | WORKSHOP/COURSE | TITLE & Page No. |
|-----------------------|------------------------|---|
| Anger Management | C | Learning to Live Well with Trauma 4 |
| Careers in Child Care | C | Child Development & Positive Parenting Skills 3 |
| CBT | C | Coping with Life Transitions 5 |
| Challenging Behaviour | C | Calm the Chaos & Ease the Stress 2 Child Development & Positive Parenting Skills 3 |
| Child Development | C | Child Development & Positive Parenting Skills 3 |
| Children's Behaviour | C | Calm the Chaos & Ease the Stress 2 |
| Cultural Awareness | C | Cultural Awareness: Understanding Britain & British Ways of life 3 |
| Life Transitions | <u>C</u> | Coping with Life Transitions 5 |
| Mental Health | C | Calm the Chaos & Ease the Stress 2 |
| Mindfulness | W | Family Mindfulness at Easter Coping with Life Transitions 2 |
| Redundancy | C | Coping with Life Transitions |
| SEND | C | Calm the Chaos & Ease the Stress 2 |
| Seniors | W | Optimising Brain & Body Health & Minimising Risk Factors 4 |
| Teenage Behaviour | C | Calm the Chaos & Ease the Stress 2 |
| Transitions | C | Coping with Life Transitions 5 |
| Trauma | C | Learning to Live Well with Trauma 4 Coping with Life Transitions 5 |
| UK Citizenship Test | C | Cultural Awareness: Understanding Britain & British Ways of Life 3 |

Family Mindfulness Fun at Easter

Content overview:

- Play: relaxation, sociability, sharing & turn taking
- Storytelling: empathy, resilience & emotional literacy
- Art & Craft: self-confidence, gratitude & kindness

Calm the Chaos & Ease the Stress: Parenting Your Children's and Teenagers' Challenging Behaviour & Nurturing Their Mental Health

Taster Workshop – 3hrs

Content overview:

- ABC (Antecedents, the Behaviour & Consequences) model of behaviour management
- Boundaries, expectations & vicarious learning
- Conflict resolution & positive communication modes

Starter – 3hrs

Content overview:

- Parenting styles
- Effective communication
- Attachment styles IWM (internal working model)

Developer – 3hrs

Content overview:

- Adverse childhood experiences
- Depression, anxiety & stress
- Mental health awareness & positive wellbeing

Enhancer – 3 hrs

Content overview:

- ADHD
- Bipolar disorder
- AuDHD (autism & ADHD)

Child Development & Positive Parenting Skills

Taster – 3hrs

Content overview:

- Early years development
- Teenage development
- Effective listening & communication

Starter – 3hrs

Content overview:

- Raising happy confident resilient children
- Harmonious co-parenting & constructive boundaries
- Reducing family stress & tension

Developer – 3hrs

Content overview:

- (a) Parenting challenges: SEND
- (b) Anti-social behaviour prevention
- (c) Device & social media restriction

Enhancer – 3hrs

Content overview:

- Professional child carer skills
- Nanny & childminding
- EYFS KS1/2 Practitioner & TA

Cultural Awareness: Understanding Britain & British Ways of Life

Taster: 3hrs

Course overview:

- Welcome to British values & principles: mutual respect & tolerance
- Democracy, liberty & law; equality & individual rights
- UK Citizenship criteria & overview of context & memory tips

Starter: 3 hrs

Course overview:

- Early Britian
- Medieval Britian
- British culture, customs, traditions & The Monarchy

Developer: 3 hrs

Course overview:

- Renaissance, Enlightenment & Reformation
- Modern history & sports
- Government, law, rights & politics

Enhancer: 3 hrs

Course overview:

- Key national institutions
- Famous key figures & landmarks
- Collective practice tests

Optimising Brain & Body Health and Minimising Risk Factors:
Activity Club Workshop (on repeat)

Course overview:

- Brain, memory & recall challenges
- Exercise within your ability games
- Social interaction tasks

Learning to Live Well with Trauma * disclaimer required *

Taster: 3 hrs

Course overview:

- Resources, help & support
- Resilience to triggers
- Trauma and its holistic affects

Starter: 3 hrs

- The healing journey
- Creative outlets
- Physical release

Developer: 3hrs

- Therapeutic treatment approaches, aims & methods
- Coping mechanisms & strategies
- Assistance animals

Enhancer: 3 hrs

- Relationships, attachments, bonding & trust issues
- Anger management
- Positive psychology well-being mechanisms

Coping with Life Transitions

Taster: 3 hrs

Course overview:

- Types of transitions, a personal reflection
- Loss and the process of grief
- Stages of life, challenges & outcomes

Starter: 3 hrs

- Separation, divorce & new relationships
- Children, growing up & moving on
- Redundancy & starting again

Developer: 3 hrs

- The ageing process, challenges & support
- Self-care, health & stress management
- Relaxation, mindfulness & CBT

Enhancer: 3 hrs

- Prompt for reflection & personal development
- Acceptance, adaptation, hope & positivity
- Transformation, renewal & regeneration

