

SuperKids

SK

Dealing with Anger

A fun and interactive workshop suitable for children aged 7-11 years.

Tuesday 26th May 2015

**Workshop times 10am-12.30pm OR
2pm-4.30pm**



The workshop will cover:

- Understanding how anger works
- Using thoughts to combat anger
- Strategies to calm down
- Physical strategies to deal with anger
- How to refocus after getting angry

Workbooks, drinks and snacks will be provided.

Each workshop costs £25 per child

Held at 68 Hempstead Lane, Potten End, Berkhamsted, HP4 2SD

For further information and to book go to:

<http://bethparmar.co.uk/programmes/super-kids/holiday-workshops/>

Or call Beth on 07775 565220