

Mad, Bad, Sad or Glad?

How to Help Children with Everyday Feelings through the Arts & Play



Anna-Michele Hantler

Emotional Education Through The Arts



My feelings are a wite large, they come in a large range and I get easily upset.

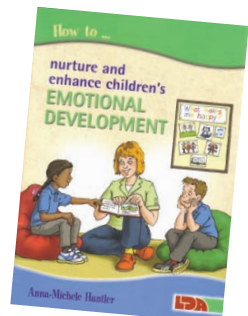
Support the **ECM, SEAL, PSHE** and **Healthy Schools agenda** in your school or setting with a practical and creative approach through this inspirational course.

Take away a tool kit of ideas and strategies that are possible to implement immediately.

PLUS Free copy of book “How To Nurture & Enhance Children’s Emotional Development” by AM Hantler.

“This book will be an asset to anyone following SEAL and the ECM agenda. It is brimming with practical tools and techniques underpinned by an in-depth knowledge of how children struggle to manage their painful feelings. It will engage your emotions and imagination, as well as your thinking.”

Dr. Margot Sunderland, Director Centre Child Mental Health, London, 2007



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This course will enable participants to:

- Help children develop a language for everyday feelings- particularly those that children and adolescents struggle to communicate in safe and respectful ways.
- Understand the neuroscience behind emotional outbursts and know how best to respond to these
- Recognise the role of the imagination and creativity in fostering both empathy and resilience
- Better understand the world of metaphor and symbolism of the child's inner world
- Engage in a playful approach to a serious subject-promoting positive mental health in the children and families sector.



A combination of case presentation, theory and 'hands on experience' will engage participants in techniques and art form that best support emotional competence and meaningful expression.

This course is ideal for anyone keen to enhance children's emotional literacy:

Teachers, T. A's, Behaviour Support staff, Senco's, Psychologists, School Counsellors, Therapists, Early Years practitioners', Healthy Schools Staff, Foster Carers, Parents.

For all course enquiries, bookings & a course near you contact:

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30th November - Durham

Marriott Hotel

Durham Royal County

Old Elvet, Durham City, DH1 3JN

Cost £105

Includes Lunch, refreshments, training materials & a copy of Anna-Michele's book.

Delivered by Anna-Michele, a published author, with 30 years experience as an Emotional and Behavioural support teacher; an advisor for Personal Social Health Education, Anti bullying and Early Years; an integrative arts psychotherapy practice with children and young people and as a trainer for Education and Children's Services. **In house training available on request.**