

Discovery Club:



Big Feelings Programme

A 10 session programme for 7-10 year olds learning to cope with their emotions



The Big Feelings Programme is a new programme from the Oxfordshire Discovery College. Together we explore how we can cope with big emotions - how to talk about them, how to express them, and how to ask for help. In particular this programme might be helpful for children who struggle to cope with their feelings, and we also encourage supportive friends or siblings of the same age to take part.

DATES

Please contact us to find out when the next programme is running.

VENUE

Available for delivery within a school or community space.

FAQS



Please let us know if you have any questions; we'll be more than happy to help!



Is my child too young to talk about difficult feelings?

We know that feelings like anger or sadness can feel very big when children are small, so we handle the topics really sensitively and in an age-appropriate way. We think that talking about wellbeing, emotions, and self-care strategies early helps children to find healthy ways to cope.



Who are the facilitators?

We'll have 2 friendly facilitators, running the programme. Between them they have a strong foundation of both lived and learned experience of the topic and a background in working with children. They're more than happy to answer any questions you may have before or after each session.



What does my child need to bring to the sessions?

We'll provide everything they need; from pens and pencils to games and activities! If there's anything that might help your child to feel comfortable they're welcome to bring it along. We may, at times, ask them to bring something from home for one of the sessions, but we'll always let you know in advance.