



Black Country Healthcare
NHS Foundation Trust

INSIDE OUT WORKSHOP

Aimed at KS1 and KS2, children and young people will learn how to: Identify emotions and how they feel in their body. Learn strategies to support them with different emotions. Link thoughts and actions to how they feel



31ST JULY

MERRY HILL SHOPPING CENTRE
BY THE BIG NEXT, HEAD TOWARDS TOILETS
START 10:00AM
END 12:00PM

21ST AUGUST

CHURCH OF ASSENSION CHURCH HALL HIGH
STREET, WALL HEATH, WEST MIDLANDS DY6 9AH
START 10:00AM
END 12:00PM



To find out more information or to sign up please email
bchft.reflexions@nhs.net. YP's attending can't be dismissed from the
workshop or the premises unless there has been consent form agreed
from parent