

TWEENS AND EMOTIONAL CONFIDENCE

Workshop for girls aged 8-11.

Date	Saturday 18th March 2017
Time	2.00pm-4.30pm
Location	Bedzed Pavilion, Hackbridge
Fee	£15 for 1 child £25 for 2 children (in the same family)

Description



The tweens - ages 8 to 11 - can be an uneasy time of life, especially for girls. Not really a child any more, but not yet a teenager, the preteen may feel awkward and uncertain, and this can knock their confidence.

This fun 2 hour workshop offers a gentle, safe and playful environment where girls can explore their ideas, thoughts and feelings, using a mix of talk, craft, movement and games.

Activities will be conducted in a group, in small groups and in individual work.

Aims

We aim to give girls the opportunity to:

- Express themselves openly and honestly
- Explore ideas, thoughts and feelings
- Raise questions they might be embarrassed to ask parents

We hope that through this workshop girls will

- Feel more at ease in themselves
- Make better decisions
- Feel more confident about their judgements
- Improve their communication skills

Parents

To make sure girls feel free to ask questions and to talk honestly and openly, parents will not be present during the main session. However, parents are invited to participate at the beginning and ending exercises of the workshop. We hope this will encourage better relationships and communication within the family. There is no charge for parents attending.

Who is it for?

Girls in their tweens (ages 8-11).

Booking

Please email kerrie@kerriegaelen.co.uk or telephone 07963 950 654 if you have any questions or would like to book a place.