

# INSIDE OUT

Children and Family  
**Wellbeing**  
Service

**Come and make friends and have fun!**

This group helps to support children who may be struggling to express and manage their emotions or are presenting anxious behaviours and low self-confidence. (8-11 years - Key Stage 2)

In the sessions children will be able to:

- Explore wishes and feelings and understand worries
- Look at ways to help manage strong emotions
- Take part in creative and physical activities to encourage positive interaction with their peers.
- Build confidence and social skills
- Meet new people and make new friends
- Play games.

Most of all come along and have fun!!

**Tuesdays Morecambe Library 3:30 -4:45pm**

To book onto sessions contact: Briony or Nichola

01524 581280



**Lancashire**  
County  
Council 