



**Building
stronger
families**

THIS IS ME - LITTLE PEOPLE **“Understanding my Emotions, as I have different needs”**

Weekly workshops for children with AUTISM/ADHD or for those on a pathway. We work with children to help them understand their emotions and behaviours. Each little person will complete a “This Is Me” work sheet and have their own monster emotions cards.

We work in school only, with children aged 4-11 years of age.

Session One:

- Getting to know each other (chatter box)
- What are our different needs (ASD/ADHD) This is me books & Quirks
- The many Pieces of me worksheet
- Complete “How am I feeling” worksheet.

Session two:

- Developing an understanding of our feelings/emotions and behaviour- Emotions dice game.
- Monster Emotions cards
- Complete “How am I feeling” worksheet.

Session three:

- Potions emotions Experiment
- Completing my TIM: This is me Worksheet: what you can do to help me stay calm/relaxed and being my authentic self.
- Complete “How am I feeling” worksheet.

Session four:

- Safer ways of expressing emotions worksheet
- Complete “how I am feeling” worksheet.
- Celebration: giving attendance certificate
- Parents invited to join, to celebrate, their little persons achievements.

www.family-action.org.uk

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To contact us please email:
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and one of the team will get back to you.

 **Black Country**
Mental Health, Learning
Disabilities and Autism