



# This is ME Little People Weekly Workshops



Understanding my emotions, as I have different needs.

Weekly workshops for little people with Autism/ADHD or for those on a pathway. We work with little people to help them understand their emotions and behaviours. Each little person will complete a 'This is Me' worksheet and have their own emotion cards. We only work in Sandwell schools, with little people 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 and quirks.
- The many pieces of me worksheet.
- Complete 'How and I feeling' worksheet.

## Session Two:

- Developing an understanding of our feelings /emotions and behaviours - emotions dice game.
- 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 am I feeling' worksheet.
- Celebration: giving attendance certificate.
- Parents invited to join and celebrate their little persons achievements.

To contact us please email:  
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Scan for  
more  
information



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