

Emotional Me

A training programme for educators, supplying the knowledge and resources to deliver high quality lessons on emotional regulation

What is Emotional Me?

Emotional Me is a programme for teachers that includes training and class resources

Through lessons delivered by equipped teachers, children will build a toolbox of skills to **improve emotional regulation, enhance social interaction, and feel more confident in seeking support** when they need it.

Grounded in KCA's knowledge base on **attachment, trauma, and resilience**, this programme supports schools and children to **maintain positive relationships** and **strengthen their sense of safety and belonging**, both in the classroom and at home. Following the second session each teacher will leave with lesson plans for their year group, ready to use slides and handouts and structured classroom activities

The Programme

The **Shropshire Virtual School Emotional Me Training Programme** is for **Year 5/6** and **Year 7/8** teachers

The training per cohort consists of **2 face to face full-day sessions**, followed by an **online 90 min Reflective Practice session** a couple of months later to reconnect and share insights

Dates and Registration - Yr 5/6

Day 1 - 10th Nov 26 (9am - 3pm)

Day 2 - 1st Dec 26 (9am - 3pm)

Venues TBC

Reflective Practice Session

10th Feb 27 (9.00 - 10.30)



Scan this QR Code or
Click [HERE](#) to
register for Yrs 5 & 6

Dates and Registration - Yr 7/8

Day 1 - 11th Nov 26 (9am - 3pm)

Day 2 - 2nd Dec 26 (9am - 3pm)

Venues TBC

Reflective Practice Session

10th Feb 27 (11.00 - 12.30)



Scan this QR Code or
Click [HERE](#) to
register for Yrs 7 & 8



For more Information about **Emotional Me** you can watch this video here:

[Emotional Me Video](#)