



## MAKING YOUR HOME A BUILD UP ZONE

Presented by Nurture Works Founder and Children's Author, Steve Heron, OAM

### 1. Agro and Emo 9.00am – 10.30am

- Helping kids to handle their feelings. (Emotional competence and self-regulation)
- Includes: Good, Bad, Mad, Sad – understanding feelings, the Brain in the Hand, Anger Management, the BUZ Feelings Management Creed

### 2. Child Whispering – Handling School Refusals and other tricky business 11.00am – 12.30 pm

- How to get kids to talk and open-up on their cares, concerns, anxieties, problems and celebrations in their lives. The art of pastoral questioning.

### 3. Restoring the Power Balance (Bully Proofing) 1.00pm – 2.30 pm

- All the hype about bullying could be making things worse. Understanding bullying, dispelling the myths, building respectful communities, introducing the Gimme 5 Tactics for bully proofing and the Marshmallow Man.

When: 6<sup>th</sup> May 2019

Venue: John Higgins Centre Narrogin

Time: 9.00am – 2.30 pm

Registration: Linda Lloyd [llloyd@amityhealth.com.au](mailto:llloyd@amityhealth.com.au)

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