

Woodrow First School staff and members of the NHS “Wellbeing & Emotional Support Team” would like to invite you to a meeting to find out more about ‘building resilience in children’.

**When?**

Thursday 25<sup>th</sup> April at  
9.00 am.

**Where?**

Blue room,  
through the hall

**Who?**

All parents but  
especially those who  
have children on the  
SEN register.

**resilience:**

“an ability to recover from or adjust  
easily to misfortune or change.”

—Merriam-Webster Dictionary



*Does your child find it difficult when things go wrong or don't work out as they expected?*

*Do they give up easily if things are difficult?*

*Does your child get upset or angry if plans have to change unexpectedly?*

If you would like to attend this session please complete and return the slip below as soon as possible.

If you have any questions please do not hesitate to pop in and see Mrs. Ryall.

We look forward to seeing as many of you as possible for an interesting morning, a cuppa and a chat.

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Childs name \_\_\_\_\_ class \_\_\_\_\_

I am planning on coming to the building resilience workshop for parents and carers on Thursday 25<sup>th</sup> April at 9.00 am.