



Dear Parents/ Carers,

Your child has been invited to attend a workshop with Inspiring Animal Therapy CIC starting on Tuesday the 14<sup>th</sup> of April this will be for one hour every week for 6 sessions.

The session will focus on a mixture of social skills anxiety workshops, so pupils are better able to manage their emotions supporting their social emotional mental health engaging with a variety of animals.

**Social Skills** -Fun interactive session helping children to understand social skills to support young people with confidence. The sessions aim to support them with navigating various social situations that they may encounter. Children will use animals in the room to support with understanding around reading body language, facial expressions and how to be a good friend.

**Anxiety Workshop** – Fun and interactive session helping children to understand anxiety and look at ways in which they can support themselves. During the session children will explore signs and symptoms of anxiety and look at strategies that will help children try and think differently. Children will use the animals in the room to help them recognise feelings of anxiety and identify similarities to anxiety in humans.

During the sessions children will use scenarios and case studies to help them with understanding.

Led by a trained practitioner with experience in supporting children with SEMH.

Staff members will ensure that handwashing is completed after meeting and handling the animals.

Many thanks Inspiring Animal Therapy

If you require further information, please email us on [admin@inspiringanimaltherapy.org](mailto:admin@inspiringanimaltherapy.org)

Please complete the Permission form on Parent Pay as soon as possible

If you do give permission, please let us know if your child has or in the past has experienced any allergies to any animals:

Yours faithfully, Miss V Wright SENCO