

The Magic Coat for Kids proudly presents:

Di Wilcox's Unique Parent and Child Workshops -

Helping Children learn HOW to Manage their Anger



As anger seems to be one of the main negative emotions experienced by our children we need to teach them strategies to manage their anger in a way that doesn't hurt themselves or others. In this 90 minute workshop children and caregivers will be taught using the Magic Coat:

- No one is a "bad person" because they are angry
- Anger is a normal emotion that helps us know when something needs to change
- How to recognise their own warning signs that they are getting angry
- How to identify triggers that make you angry and how to avoid them
- Strategies to effectively manage their anger so that they don't hurt themselves or another person

Children will be introduced to The Magic Coat and taught which characters in the pockets of the coat they can rely on when they need to manage their anger.

This workshop will also give you the tools of communication to create a strong bond between parent and child and build your child's self-confidence.

This workshop is suitable for children ages approximately 6-11 years and may also suit older children.



Di Wilcox

Date: Monday 9th December 2019

Time: 5.00pm to 6.30pm

Venue: St Luke's Catholic Primary School

17 Duffy Terrace, Woodvale WA

Ticket Price: \$20 per Adult & \$10 per Child

Booking Link: <https://www.trybooking.com/BGYXQ>

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