

# WISE-UP PROGRAMME



**WISE-UP** is an 8 session life skills programme for 8-10 year olds. It supports children to recognise feelings and emotions, and explores new and different ways of dealing with these. Workshops are also offered to support and inform caregivers of the children attending the programme.

**Cost:** Please discuss with our Wise-Up coordinator.

## **Programme aims:**

- > Build children's **SELF-ESTEEM** and **CONFIDENCE**
- > Help children to see their strengths and find what makes them **HAPPY**
- > Assist children in discovering more about themselves and their strengths
- > Provide children with strategies to cope when they are **FEELING ANXIOUS** and worried
- > Equip children with new tools to **MANAGE HARD EMOTIONS** such as frustration and anger
- > Help children identify their own and other people's emotions

## **Participants need to be:**

- > Aged between 8 –10 years old
- > Willing and able to engage efficiently in a group environment.
- > Have parents that are willing to be involved in the Parent Workshops
- > Experience low-moderate levels of anxiety, or would benefit from learning about their emotions and how to manage them



For information and enrolment please contact:

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Christchurch Methodist Mission

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