

ACL



ACL in association
with Writtle Junior School

FREE!



Big Emotions

Venue: Writtle Infant School

A workshop about understanding why children experience big emotions and how we can support them in managing these feelings. During the session, we'll explore what is happening in children's brains when emotions feel overwhelming, share simple and effective strategies to help them self-regulate, and offer practical tools you can use at home to guide them through tricky moments.

Date: 02/06/2026

Time: 09:00 - 11:00

Scan the QR code, or Visit our website aclessex.com and type "Writtle Junior" or "HO2A74CO25" in the 'Find a course...' box



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