

Being With Our Feelings

Workshop Days



'A magnificent resource!'

Lorna Walker, Wellbeing Writer for BBC, Senior Teacher at Youth Mindfulness.

**Meet the author, watch as she brings the stories to life
and learn how to become friends with your feelings!**



The lively performances and workshops, engage and inspire children to express themselves and explore their feelings. Watching the poems come to life through vivid rhyme, humour and drama, children begin to recognise their own often difficult, overpowering or confusing feelings through the eyes of the story characters, helping to create more understanding and acceptance of their own. The follow up workshops then allow for deeper exploration through movement, games, sound and words.

Key themes are: self acceptance; loss and grief; making difficult choices; being with anger, anxiety and fear.

Visits start at £150, ranging from a live assembly performance to a full day of Feeling Workshops where children will begin to learn how to build healthier relationships with their feelings.



A word from the publishers..

'Being With Our Feelings teaches children how to be with themselves and each other with acceptance, kindness and compassion. Sensitively written, with a refreshing burst of honesty, humour and a strong youth voice, the poems are unique in that they focus on the felt sense of feelings in the body.' (Routledge, 2022)

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About the Being With Our Feelings set

By providing the tools for children to mindfully embody and be with all their feelings, this unique set, consisting of a comprehensive, practical toolkit, accompanied by four beautifully illustrated rhyming storybooks, is designed to develop children's mental, physical and emotional wellbeing, in a way that it can grow strong, flourish and endure for a lifetime.

Being With Our Feelings is a vital resource for adults and children to read, talk, listen, reflect, and create together to make a positive impact on their entire wellbeing. Appropriate for groups, whole classes, one-to-one settings, assemblies, staff training and interactions with parents and the wider community, the Being With Our Feelings set allows children and adults to discover their authentic inner selves, let go of expectations and simply be who they are.

'Being With Our Feelings makes a huge difference in supporting the emotional health of our children. It MUST find a place in every school.' Andrew Cowley, wellbeing speaker and writer, author of 'The Wellbeing Toolkit' and 'The Wellbeing Curriculum'.

'These books will empower children to know how to look after themselves, the people and the world around them. I cannot think of a more important lesson than that.' Adrian Bethune, Author of Wellbeing In The Primary Classroom, Education Policy Co-Lead at The Mindfulness Initiative, Teacher and founder of Teachappy.

Anita's books are unique and very honest. I love them.' Sharon Mee, Creativity and Wellbeing in Education Developer, CEO and Founder of Artpod and Melting Pot – Arts and Wellbeing in Education, Sussex and South East.

'Love the gender neutral characters...Fabulous!' Gaynor Price, SEMH Advisory Teacher, City of Birmingham School.

To book a visit,
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www.beingwithourfeelings.com

Sometimes I will visit at a reduced cost/free for good causes and some book fairs. Get in touch for a chat. It's always worth asking!

