

**Helping Children to Manage Strong Feelings –**

An Emotion Coaching Workshop:

Children with strong social-emotional skills have greater academic achievement, more positive social interactions, and greater satisfaction in life. This workshop focuses on:

* Increasing child’s emotional vocabulary.
* The 3 steps to support children experiencing strong feelings.
* Techniques to help children develop problem solving skills.

Practical, ready to implement strategies will be shared to support children by teaching new ways to express their strong feelings!

Facilitated by Pam Wedig-Kirsch, School Readiness & Family Resiliency Educator, UW-Madison Division of Extension, Racine County

**Thursday January 23, 2020**

**5:00pm - 6:30pm**

**Cooper School Library,**

**249 Conkey Street, Burlington**

**Please register online at**: <https://emotioncoaching2.eventbrite.com>

## **For questions, Please contact Lori Radtke of Burlington Area School District at**

## **(262) 763-0180 ext. 2224 or** [**lradtke@basd.k12.wi.us**](mailto:lradtke@basd.k12.wi.us)

## **\*\*\*Pre-Registration is required for this ADULT ONLY WORKSHOP (CHILD CARE IS NOT PROVIDED)\*\*\***

## **\*\*Spanish Translation Available upon request \*\***