

## **WFL SOCIAL AND EMOTIONAL WELLBEING (ONLINE)**

### **01. Who is this course for?**

This course is 5 weeks long. There will be 1.5 hours taught sessions each week with other learners. You will have access to course materials. You will be encouraged to create and share fun activities with your children to help their learning.

### **02. What will I learn?**

This course has been designed to help you support your children's social and emotional development for babies and children aged 0 - 11 years old. You will: Identify the stages of social and emotional development and how to support children's emotional needs, know how recognising, expressing and managing emotions underpins the development of resilience, recognise how children can build resilience using the growth mindset theory and the power of play and identify strategies to help its development, explain the importance of self-esteem and confidence in the development of resilience and explore activities for developing these skills, explore how mindfulness, exercise and being outdoors can have a positive impact on emotional wellbeing and the development of resilience

### **03. How will I learn?**

You are assessed in the classroom by the tutor and by your own self – assessment of topics. You will be asked to keep a diary where you can comment upon the topics you have learned, the progress you feel you've made and record any activities you have tried with your child. Your tutor will feedback to you regularly and may suggest some activities or resources that are appropriate for your child's ability.

### **05. What skills or experience do I need?**

There are no formal entry requirements for Family Learning. You do not need any previous experience, knowledge or skills to enrol on this course; just an interest in finding out about how children learn and how you can encourage and support them.

### **08. How will I be supported in my learning?**

Once you start, if you have further queries and/or support needs, please talk to the tutor. We also offer support to help people with learning difficulties and/or disabilities. If you have a disability, learning difficulty, health problem or mental health difficulty that may affect your learning or participation, please contact us for further advice.