



Connected Minds - Spring Term Schedule 2024

Venue:
Dorchester Community Church,
Poundbury
DT1 3DF

Session times & day:
Tuesday 09:30am - 11:30am

Date	Description	Topics and notes
TBD	Meet & greet	Participants, parents & teachers invited
30 st Jan	Session 1	What is Connected Minds?
6 th Feb	Session 2	Understanding feelings and emotions (ours and other peoples)
13 th Feb	Half Term	No session
20 st Feb	Session 3	Understanding feelings and emotions (ours and other peoples)
27 th Feb	Session 4	Understanding feelings and emotions (ours and other peoples)
5 th Mar	Session 5	Big feelings - Anxiety & stress/ Low mood/ Anger
12 th Mar	Session 6	Big feelings - Anxiety & stress/ Low mood/ Anger
19 th Mar	Session 7	Big feelings - Anxiety & stress/ Low mood/ Anger/ 5 ways to wellbeing/ First Aid kits
26 th Mar	Session 8	Reflection and Celebration