



Day 1: 07/11/2024 10:00 - 12:00

Title: Autism & Anxiety (emotional regulation and transactional support)

Venue: Kensington Town Hall - Civic Reception (CR1 - Committee Room 1), Hornton Street, Kensington, London, W8 7NX

Trainer: Michelle Tan

SEND Training - The Bi-Borough Inclusion Service

Autism & Anxiety (emotional regulation and transactional support)

Outline

ASD

Description

There is a lot in the world to be anxious about if you are autistic. Sensory overload can make getting out and about a difficult experience, social interactions with other children can be hard to navigate, or any change in routine can make autistic children and young people feel like they don't know what is going to happen next.

This course is for any school staff that would like a better understanding of anxiety and how it affects autistic children and young people.

During the session you will have the chance to explore common signs and triggers for anxiety in autistic children and young people. We will also consider strategies to help reduce anxiety and build on understanding of anxiety, specifically in relation to autistic children and young people. We will also look at what can be done to help lower anxiety in children and young people.

Outcome

Understand how anxiety affects autistic children and young people

Understand and recognise common signs and triggers for anxiety

Consider strategies to help reduce anxiety

Consider anxiety with regard to current situation: health, mental health and school transition

Booking Information

To book please visit:

<https://www.qe2cp.westminster.sch.uk/calendar/?calid=5&pid=186&viewid=45&event=1447>

Programme

Day 1 07/11/2024 10:00 - 12:00

Title: Autism & Anxiety (emotional regulation and transactional support)
Venue: Kensington Town Hall - Civic Reception (CR1 / Committee Room 1), Hornton Street, Kensington, London, W8 7NX
Trainer: Michelle Tan, ASD Advisory Teacher

Day 2 21/11/2024 10:00 - 12:00

Title: Day 2 of the training
Venue: Kensington Town Hall - Civic Reception (CR1 / Committee Room 1), Hornton Street, Kensington, London, W8 7NX
Trainer: Michelle Tan, ASD Advisory Teacher

Code: SEND-1124-T001

Price per delegate: £0.00

Sign up deadline: N/A