

HERTFORDSHIRE BEE YOU



For ages 5-10 years, the weekly topics are:

Session 1: What is autism and ADHD? What strengths does this bring us?

Session 2: Introductory session to the course – getting to know each other

Session 3: Learning about ourselves.

Session 4: Friendships

Session 5: Managing School.

Session 6: Preparing for change as we grow up.

Session 7: Body Scanning, how am I feeling?

Session 8: Emotional Regulation

Session 9: Masking / Internal Presentation

Session 10: Myth Busting – what do people expect from me?



Contact us for dates!

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