

## Foxwood Academy invites you to a Coffee Morning on Friday 26th January 2024 10.00am-12.00pm



## At this session we will be focussing on Emotional Vocabulary

An emotional vocabulary is a language which describes how we are feeling. Emotions are simple messages from the body. They are signposts designed to move us into action.

Feelings	And Emo	otions Voc	abulary
Angry	Shy	Serious	Sleepy
Excited	Sad	Нарру	In Love

Louise Tonkinson, our Speech and Language Therapist from Sunflower Communications and Angie Potter, will be available to help you to explore and share how to express emotions in a variety of ways!

Come along and meet other parents and carers to share ideas and information!

Refreshments will be available and we look forward to seeing you!

Please email Ruby on <u>ruby.ul-haq@foxwood.notts.sch.uk</u> if you are able to attend