

Clare Helen Welsh

Primary teacher, SLE, children's author

Theory behind using stories to support children's emotional well-being

Storytelling ideas and techniques that support children's emotional intelligence

Resources and practices to support positive well-being in the classroom

Guidance on talking about mental health to primary aged children, including a recommended class reading list.

Ideas for engaging and collaborating with parents and carers

The importance of looking after your own well-being

As a primary school teacher, senior leader and published children's author who is passionate about supporting children's emotional well-being, I can offer valuable training for teachers and trainee teachers.

Suitable for EYFS, KS1 and KS2.



- **Published children's author**
- **Primary teacher with over ten years teaching experience**
- **Senior Leader and Mental Health Champion, trained by EH4MH**
- **Available for training seminars and lectures**



Email clare_welsh@hotmail.co.uk for more details