TENEO
SA'S NO.1 ONLINE SCHOOL

Mental Wellness

Ages 5 - 11

Learning how to manage your emotions



About

Big emotions can be overwhelming. When these emotions happen children may need help to understand what they are feeling. This course teaches children how to recognise and name their emotions, equipping them with the skills to manage their own behaviour and reactions. Learning how to manage their emotions lays the foundation for self-regulated learning, motivation, attention and impulse control.



Duration

Every Wednesday, once a Week for 7 weeks.

Cost

R900 (15% discount if you register on or before 30 September 2024)

Payment due within 7 days from receipt of invoice date. Refer to invoice number when making payment. Any discrepancies must be communicated within 3 days of receipt.

Who can join?

- Love Your Selfie: 5 - 7 years
- Growing Pains: 8 - 11 years

Learner responsibilities

- Laptop or tablet
- Internet connection
- A camera that can shoot video (even a smartphone can work)
- A microphone (can be built into the camera, but I recommend using an inexpensive external mic)
- Good lighting
- Earbuds, earphones or headphones
- Traditional school supplies
- Printer paper and printer

Ready to sign up?

Fill in your details to make an enquiry or join us for a fun-filled experience.

Join now

Corene le Chat: Supporting Your Child to Cope With Big Feelings

Join Corene le Chat to help your child navigate the sometimes overwhelming world of big emotions. Life can be stressful at times and Corene will help your child to explore creative ways to express emotions and practice gentle mindfulness techniques to support your child through emotional storms.

Watch video →

