

# Adult Learning

## **Kendal Adult Learning – FREE Family Learning Resilience courses for Primary Schools**



In these testing times, Kendal Adult Learning can deliver a range of resilience-based courses to help build the emotional wellbeing of your parents, carers and pupils. These courses encourage creativity, help build self esteem and support people to make safer and healthier lifestyle choices. We can be very flexible in the way we deliver these courses.

Parents/carers work with an Adult Learning Tutor in your setting (or an outside venue) and then share their new skills with their child (children tend to join the session halfway through).

### **Awesome Me – Taster Course (2 or 3 hours) for EYFS, KS1 or KS2)**



Use collage techniques to design and make a crafty canvas all about your child and take home a resource to celebrate his or her fabulous uniqueness. All materials provided – this is a fun way to boost your child's confidence.

### **I Can Do It! – 5 x 2hr sessions for KS1**

Children can very quickly learn to give up or feel they aren't good at something, so this course supports families to build a more positive mindset. Topics include 'it's ok to make mistakes', noticing strengths and positive communication.



### **Bouncebackability – 5 x 2hr sessions for KS1**

This course aims to help parents support children's 'bouncebackability' (whilst picking up a few tips themselves along the way). Topics include managing feelings, coping with change, positive communication, and building self-esteem. (This course can be adapted to support transition to secondary school for Years 5 & 6).

For more information on these and the full range of family learning courses, please contact Helen Edmonds (Community Development Worker – Kendal Adult Learning) on 07500 922781 or email [helen.edmonds@westmorlandandfurness.gov.uk](mailto:helen.edmonds@westmorlandandfurness.gov.uk)



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Working for **Cumberland Council** and  
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