

If you watch or listen to a webinar recording you can claim Continuing Professional Development points, as a self-directed learning activity.

Complete and retain this form to help keep a record of your participation in the activity.

**Webinar details**

<b>Webinar title</b>	<b>Supporting primary school children with anxiety</b>
<b>Duration</b>	60 minutes
<b>Predisposing activity time allocation</b>	45 minutes (participants will be required to read a short case study upon which the webinar panel discussion will be based)
<b>Learning objectives</b>	<ul style="list-style-type: none"> <li>• be better equipped to recognise the signs of anxiety in primary school children</li> <li>• have a better understanding of the causes of anxiety and its potential impact on primary school children’s mental health and wellbeing</li> <li>• be better equipped to support and respond to the needs of primary school children with anxiety, including working collaboratively with primary schools, health and community professionals</li> </ul>

**Your details**

**Your name:**

**Date viewed:**

**Identify up to three ways in which the webinar’s learning objectives complement your own overall professional development goals.**

<b>1.</b>	
<b>2.</b>	
<b>3.</b>	

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## Reflective exercise

Reflect on each presenter's response to the case study and answer the following questions:

What did you learn about the disciplines represented on the panel?

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How did the webinar give you a better understanding of how anxiety may present in children?

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How has this webinar added to your knowledge of the impact anxiety has on a child's mental health and wellbeing?

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Identify two additional things you might consider when responding to the needs of children and families who have experienced anxiety.

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List three tips and/or strategies for collaboration discussed by the panel and explore how you might apply these in your own practice.

1.

2.

3.

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Discuss three advantages to working together to support children who are affected by anxiety, and their families

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Discuss how you might create new pathways for collaboration in your work regarding childhood anxiety.

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List up to three questions you may still have after the panel discussion and identify the steps you'll take to seek the answer(s).

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