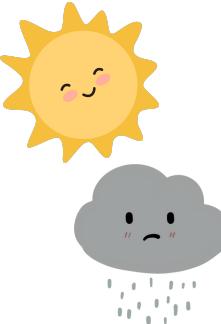


# ACL



**FREE!**



# Managing Big Emotions

## Online Live Course

### ★ What You Will Learn

- Emotional Control: Strategies to help children recognize and regulate their emotions and impulses.
- Sensory Management: Practical tools to support children in meeting their sensory needs.
- Conflict Resolution: Techniques to guide children in problem-solving and handling disagreements constructively.

**Date:** 13/01/2026 - 20/01/2026

**Time:** 19:00- 21:00

Scan the QR code, or Visit our website  
[aclessex.com](http://aclessex.com) and type “BIG EMOTIONS”  
in the ‘Find a course...’ box



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Essex County Council