

The Worry Woos

The WorryWoos™ Developing Emotional Intelligence (DEI) Programme is an engaging group therapy designed to assist children to develop their ability to identify & respond to emotions across different environments.

What's involved in each session?

Using an award winning series of books and plush toys written and illustrated by Andi Green, Emotions are turned into loveable quirky characters that embark on journeys of self-awareness. Created to promote healthy emotional wellness, the 8 week program explores each WorryWoo's adventure through creative art based activities and concludes with an upbeat message of "Hey, it's OK" and present the perfect opportunity to openly discuss topics that don't have easy answers.

What is the cost?

The Worry Woos includes 8 1.5 hour weekly group therapy sessions plus pre and post program preparation, feedback and support. (16 hrs total) 1:1 intake, assessment and reporting with facilitating therapist, including an NDIS Therapy Report (3 hrs total) Charged at the NDIS recommended Group Therapy and 1:1 Therapy rates: (NDIS recommended rate is subject to change)

What are the outcomes?



Understand Emotions

Identify and describe emotional responses people may experience in different situations and describe the emotions of people who are happy, sad, excited, tired, angry, scared and confused.



Build Communication

Practice personal and social skills to interact positively with others, learn and use appropriate language and actions to communicate feelings in different situations.



Problem Solve

Discuss how characters feel and react when taking risks and understand the connections between feelings, body reactions and body language.

