



## EPIC - Sunbites

### **8-session group intervention to support young people to manage anxiety, build self-esteem and confidence**

This is an intervention programme based on the EPIC Sunflowers curriculum (see below). Based on the Resilience Framework (adapted from Daniel & Wassell, 2002) the aim is to develop resilience skills to enable young people to better manage feelings of anxiety, build self-esteem and confidence.

The intervention focused on the key skills of:

- Using body clues to identify feelings
- Expected and unexpected behaviours
- Recognising and managing feelings of overwhelm in self and others
- Self-regulation skills

Pre & Post Evaluation to be collected– individual reports provided.