

# Welcome to Mr K and Emo's Weekly Mental Health Memo

Issue 1— January 19th 2021

The weekly update to help parents and carers supporting their children's and their families mental health.

Hi folks and welcome to the first edition of the 'Mental Health Memo'. If you are not sure who Emo is then please ask your child/children and go on to Tapestry and/ or Google Classroom to check out our adventures so far.

The aim of these memos is to give you and your families some ways to keep your mind healthy over the coming weeks and hopefully embed some regular ways of keeping you all mentally strong and fit for years to come.

Each week Emo, myself and some special guests will focus on three areas—Mindful Monday's, Wellbeing Wednesdays and Fun Fridays—Check out Tapestry and Google Classroom for last week's exploits!

## Here is what to look out for this week with some links to websites and some key ideas

**Monday— Mindful Monday**— Emo and I will be looking at the idea of 'Biophilia'. This is the innate attraction of humans to nature. I always find that if I go outside and walk about amongst plants, especially trees, I always feel a bit better. Give it a go and try and find out more about 'Biophilia' - the internet is awash with stuff about it.

**Wednesday—Wellbeing Wednesday**—We will be developing our sense of gratitude this week and being grateful for lots of 'small things'. Research has shown that being grateful and learning to show gratitude has a huge impact on how happy people feel. Have a look at 'Discovering the Power of Gratitude—Mindful by Sodexo' [Type it into Google]. This is a good place to start. I've found it really works for me so why not give it a go?

**Fun Friday**— Me and a special guest will be playing 'Drum Bounce'. We will talk about the importance of 'Playfulness' linked to the idea of PACE developed by Dan Hughes. Google him and PACE for more useful information. Most importantly have some fun.

Look out for next week's issue where there will be more fun and mental health ideas and advice. In the meantime if you want to share some ideas or ask any questions please contact me on my email—[dkirwin@wykeregisfed.dorset.sch.uk](mailto:dkirwin@wykeregisfed.dorset.sch.uk)—Have a great week.