

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

Issue 2 — January 26th 2021—JOY

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

Hi folks and welcome to the second edition of the 'Mental Health Memo'. Have you been keeping your eye on Emo and his adventures? Lots of other Mental Health and Wellbeing activities have been posted on Tapestry and Google Classroom so please keep your eyes peeled for more.

The aim of this weeks videos and tasks is to focus on the concept of 'Joy'. There are so many negative things going on at the moment that it can be hard to find the happiness that is all around us if we look for it hard enough.

Emo and I will be searching for joy all week and giving you tips on how to find it as well. Make sure you have a go as well as your child.

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

Monday— Mindful Monday— This Monday Emo and I will be looking at the idea of 'Finding Joy' all the time and turning his frown upside down. This concept of cultivating joy is not new and is explored in these webpages— <https://www.mindful.org/sparking-joy-a-mindfulness-practice-for-everyday/> AND <https://tricycle.org/trikedaily/joy-meditation/> Have a look at both of these and see how they can help with this idea for the whole family. Give it a try.

Wednesday—Wellbeing Wednesday— By Wednesday Emo will be wanting to bring JOY to everyone. Watch as he tries to use a range of techniques. Try your own ways. There are some good Mindfulness videos on YouTube about Joy—Always check them out first because some adverts may pop up unannounced.

Friday—Fun Friday— Another special guest comes to play with feathers this week.

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—Have a great week.