

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

Issue 3 — February 2nd 2021— FOCUS AND REFLECTION

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

Hi folks and welcome to the third edition of the 'Mental Health Memo'. This week it is '**Children's Mental Health Week**' so look out for loads of resources and info in the media and online. This is a great time to focus on all of our Mental Strength.

Are you ready to watch Emo and his adventures? Lots of other Mental Health and Wellbeing activities will be posted on Tapestry, Google Classroom and our **NEW FACEBOOK PAGE** so please keep your eyes peeled for more.

The aim of this weeks videos and tasks is to look at the concepts of '**FOCUS and REFLECTION**'. There are so many things going on at the moment that it can be hard to focus and reflect on what is important to us so keep practicing.

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 Focus'. We will be using the idea of being still again but this time involving bubbles. Should be fun!!

Wednesday—Wellbeing Wednesday— On Wellbeing Wednesday Emo will be using his new found focus to follow instructions and have fun with the bubbles he was watching on Monday.

This game is just one of the activities from some games in the accompanying part 1 of a pack of fun relational games from the '**Beacon Family Services**'. This group work on developing the Mental Health of families as a whole and they focus very much on developing relationships. Look them up at <https://www.beaconservices.org.uk/blog/> This page has ideas, activities and resources [do not pay for these as more will be coming your way FREE in coming weeks. Also they sometimes release things free as well]

Friday—Fun Friday— Hopefully we can overcome the issues that we had last Friday and send you a special guest video showing us having some fun and inviting you to try things out yourself.

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.