

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

Issue 4 — February 9th 2021— MOVING FROM PANIC TO CALM

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

Hi folks and welcome to the fourth edition of the 'Mental Health Memo'. This week it is **the last week before half term!!!**. This is a great time to use all of our strategies to work on our Mental Strength to get us through to the break.

Are you ready for Emo to share some more ideas and ways to stay grounded? 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. There is also another '**Connection Games Extra**' attached to this Memo for you to try.

The aim of this weeks videos and tasks is to look at the concepts of '**Moving from panic and overload back into calm**' We hope you enjoy it

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

Monday— Mindful Monday— Emo and Mr K will be trying out the '3-2-1' method of trying to calm a busy brain. Try it yourself when things get a little bit too much. Look for 3 things you can see, two things you can hear and 1 thing you can smell. Verbalise it slowly and see if it calms you down.

Wednesday— Wellbeing Wednesday— Mr K and Emo use the '3-2-1' idea but to focus on positive things about themselves. Think of 3 things you like about yourself, 2 things you are good at and 1 thing you want to get better at.

Friday— Fun Friday— Words fail me to describe what you will see at the end of 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.