

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

Issue 5 — February 23rd 2021— MINDFUL WRITING and POSITIVE MESSAGING

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

Hi folks and welcome to the fifth edition of the 'Mental Health Memo'. This week it is **the first week of a newhalf term!!!**. Hopefully we will all be back together very soon. Keep using the positive strategies you have learnt to get us through.

Are you ready for Emo and I to give you some more ideas and ways to stay positive? Lots of other Mental Health and Wellbeing activities will be posted on Tapestry, Google Classroom and our [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 '**Mindful writing and positive messaging**' 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 using the '3-2-1' method we have learnt recently to practice some 'Mindful Writing'. Try writing 3 things you are thankful for, 2 things that you are happy about and 1 thing you are going to do today. See if it works for you.

Wednesday— Wellbeing Wednesday— Mr K and Emo use the idea of writing things down to leave positive messages around the house for other people to find. A big thank you to Henry who shared this idea on Tapestry. We really liked it. Hope you do too.

Friday— Fun Friday— Keep your eyes peeled—Who knows what may happen 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.