

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

Issue 6 — March 2nd 2021— Worry about new beginnings

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

Hi folks and welcome to the sixth edition of the 'Mental Health Memo'. This week it is **the last week before we are all back together again next Monday!!!** Emo and I are very excited. Keep using the positive strategies you have learnt to get us through till next Monday.

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.

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

Monday— Mindful Monday— We will soon be back together again in school which will be fantastic BUT it can mean that there are things that are making us anxious or worry. Emo and Mr K start to look at ways to get these thoughts organised and out in the open to talk about.

Wednesday— Wellbeing Wednesday— How to organise our worries about going back to school and think of some positive strategies to address some of them. What can we change ourselves, what do we need help with and what can we do nothing about.

Friday— Fun Friday— Who knows what might happen this week? Maybe Lawn Gallacre will be out in his garden again?

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.