

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

Issue 8 — March 16th 2021— Developing Resilience

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

Hi folks and welcome to the eighth edition of the 'Mental Health Memo'. This week we are starting to look at 'Resilience—What it is and how to develop it'. In tough and tricky times it is a skill that can really help us to keep healthy and keep going

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. Watch out for the extra resources that may be attached this week. How have the 'Connecting Games' been going? Have you got a favourite?

This week there is a resilience game that you could print out and play or ask me at school and I could print it for you.

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

Monday— Mindful Monday— What is Resilience? How can we get it? Why do we need to work at it? - Emo tries not to give up and looks for ways to get over 'adversity'.

Wednesday— Wellbeing Wednesday— Some more top tips for reaching your goals and strategies to help you persevere effectively.

Friday— Fun Friday— Lawn talks about why gardeners need to be resilient and how it is important to make mistakes so long as you learn from them.

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.