

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

Issue 9 — March 23rd 2021— What happens when things go wrong?

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.

This week we are looking at what happens when things go wrong and our feelings get a little bit mixed up. Also attached are some feelings monsters to discuss this.

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

Monday— Mindful Monday— How do you feel when things go wrong? What happens inside your brain and inside your body? All these different feelings are normal and it is important to talk about them.

Wednesday— Wellbeing Wednesday— What do you do when all your feelings are out in the open? What do you do with them? Should you squish them back inside?

Friday— Fun Friday— Fingers crossed that nothing has gone wrong in Lawn's garden.

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@wykeregisdorset.sch.uk—Have a great week.