

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

Issue 10 — March 30th 2021— How to reflect on things that have happened?

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 how to reflect on things that have happened whether or not they are good or bad. Why do you think this is useful?

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

**Monday— Mindful Monday—** What is 'reflection'? How do we do it and why is it useful? Emo starts to try out some ideas. Could you use these ideas?

**Wednesday— Wellbeing Wednesday—** Emo reflects on all the good things that have happened last term and starts to look forward to the Summer Term.

**Friday— Fun Friday—** Lawn has a new tool—I think he might need to be a bit careful with it though!!!

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](mailto:dkirwin@wykeregisfed.dorset.sch.uk)—Have a great week.