

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

Issue 11 — April 27th 2021— How to look forward positively.

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

Hi folks and welcome to the eleventh edition of the 'Mental Health Memo'. This week we are starting to look at 'How to look forward to things'

Are you ready for Emo and I to give you some more ideas and ways to stay positive and plan for the future? 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 thinking about what the future is and what great things might be happening soon. 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 'The Future'? When will it happen and will it be good or not? What happens if I am worried it won't be good? How can I slow my mind down and stay focussed.

Wednesday— Wellbeing Wednesday— Thinking about 'The Future' in a positive way. How can I do that? Have a look at the ideas on this website—<https://medium.com/@kaytmolina/10-ways-to-help-your-children-develop-a-positive-attitude-e74611c71fad>

Friday— Fun Friday— Gardening is great to help you look at planning for 'The Future' and seeing what great things might happen. Watch Lawn get excited about 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.