



Children's Mental Health Matters

Practical tip Number 1 Being resilient

Worried about coming back to school?

- ★ Think of something that makes you feel happy about school.
- ★ Think of something you are looking forward to when you return to school.
- ★ Think of a positive word that connects with school
 - ★ Talk to your trusted grown up.

Hello everyone

As we come to the end of another lockdown and look forward to coming back to school, it can be a good time to look back over the last year and look at how things have changed.

Do we still have the same friends?

Do you have a new pet?

Have our families changed in some way?

How have you dealt or are dealing with this?

Have you adjusted/got used to the change?

With this in mind I would like to look at resilience and gratitude.

What is resilience?

Being resilient is having the ability to bounce back from something that is worrying, sad or has made us feel angry.

It's just like having a super power.

Being resilient is how we manage our thoughts and emotions. How we can change our negative thoughts to more positive ones. How do we do this? We look for our silver lining (a positive, hope). By looking for hope or a positive attitude to something negative we can make ourselves feel better.

It is also a good time to think about what we are grateful for.

Gratitude is one of the many positive emotions. It's about focusing on what's good and being thankful for the things we have.

Did you know that being grateful can help us feel more positive.

What are you grateful for?

Practical tip Number 2 Try gratitude

4 ways to practice gratitude.

1. Name a person you are thankful for.
2. Name a place you are thankful for.
3. Name a food you are thankful for.
4. Name anything you are thankful for.

Practical tip Number 3

Though we are not in school, we still need to follow our oasis rules

- ❖ Try your best and work hard.
- ❖ Respect others and yourself.
- ❖ Be kind, helpful and honest.
- ❖ Look after property and other people's things.

See you soon.

*Be happy,
stay healthy
and stay safe.*
MRS WETHERELT



