



Dear families,

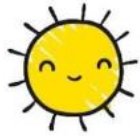
This week we will be celebrating Children's Mental Health Week in school by thinking about all of the things we are grateful for, enjoying some mindful activities and considering what we can do to help ourselves when we are finding things tricky.

Please speak to your child about their learning on this important subject.

## Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Practice self-care for yourself to set the standard.



Focus on articulating feelings.

"I am angry."  
"I am sad."

Recognize toxic stress events.

Encourage journaling and diaries.

Encourage your child to focus on the moment.



Blessing Manifesting

Establish a self-care routine.



Cultivate interests and hobbies.

## How to nurture a child's mental health



- Actively listen before offering your advice
- Be patient
- Share your feelings and validate theirs
- Tell the truth
- Model healthy behavior
- Surround them with healthy adults
- Teach them how to be safe
- Use open ended questions
- Have scheduled family time
- Model forgiveness
- Be present
- Mental Fills
- Be consistent and follow through with what you promise
- Believe them and in them
- Practice relaxation exercises together
- Recognize positive choices
- Set and respect boundaries
- Reach out and hug them
- Limit electronic time for everyone
- Respond calmly when their emotions are elevated
- View their behavior as a window to their needs and feelings
- Make play and exercise a requirement

Over the course of the week, we will also be learning more about staying safe on the internet during our Computing and PSHE lessons. Please see the attached documents for further support and advice.



## Safer Internet Day



# SAVE the DATE

## Safer Internet Day

2024 | Tuesday  
6 February

[www.saferinternetday.org](http://www.saferinternetday.org)

