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With God, all things are possible.

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Dear Parents and Carers,

World Mental Health Day

World Mental Health Day is held on the 10th October every year, as this date falls on a Saturday this year we will be holding activities for the children on **Friday 9th October**.

This day is used to build awareness of, and reduce the stigma of, Mental Health. Each year the theme is set by the World Federation for Mental Health. The theme this year is '*Lived Experiences heard real voices, real change*'.

On **Friday 9th October** the children will be invited to wear something yellow as part of the YoungMinds - 'Hello Yellow' campaign alongside World Mental Health day. Very simply the campaign encourages people to wear yellow and say 'Hello'. Their aim as a charity is to make sure no young person ever feels alone with their mental health. To help continue their work we ask for children to bring **£1** to school on Friday if they choose to dress in yellow.

In school we will be looking at the theme as '**Our Voices, Our feelings**'. We will be completing activities with the children that look at our different feelings; what we can do when we have different feelings, and how we can listen and support others with their feelings.

It is important as grown-ups we remember to look after our emotions too. This can be as simple as recognising how we are feeling and doing something that helps and seeking support when those big feelings start getting in the way of daily life. Talking about our emotions at an appropriate level for our children can help model to them that - all feelings are ok, it is what we do with those feelings that matter.

At SMA we use the Zones of Regulation as a way of talking about our feelings and finding tools that can help us with our feelings. Attached to this letter are some examples of the different emotions and tools that may be useful. The most important message is that all feelings are ok, it is what we do with them that matters.

Yours faithfully

Mr Bishop
Learning Mentor



Truth - Fairness - Justice - Joy

Blue

This is our low energy zone!

We might feel –

- Sad
- Tired
- Sick
- Bored
- Lonely
- Disappointed
- Hungry

Things that might help –

- Have a drink of water
- Take a movement break
- Listen to music
- Talk to someone
- Get some fresh air
- Do an activity you enjoy
- Jump or bounce

Green

This is our calm and balanced zone

We might feel –

- Happy
- Calm
- Focused
- Proud
- Ready to learn
- Content

Things that might help –

- Keep a routine
- Get enough sleep
- Eat healthy meals
- Exercise regularly
- Spend time with family and friends
- Celebrate successes

Yellow

This is when our energy starts getting a bit high, a bit more bouncy and might be getting close to losing control of our actions

We might feel –

- Worried
- Frustrated
- Excited
- Silly
- Nervous
- Restless
- Scared

Things that might help –

- Take slow, deep breaths
- Count to 10
- Ask for help
- Have some quiet time
- Squeeze a stress ball
- Go for a short walk

Red

This is when our energy is very high. We might lose control of our rational thinking.

We might feel –

- Angry
- Furious
- Panicked
- Terrified
- Out of control

Things that might help

- Move to a calm, safe space
- Take deep breaths with an adult
- Use calming sensory tools
- Listen to calming music
- Have time and space to calm down
- Talk about feelings when calm

You could maybe think of some of the feelings and things that you do in your family.