

# Supporting our children's mental health and well-being



At Emmanuel, supporting our children's mental health and well-being is very important to us therefore we have decided to include weekly tips on how this can be continued at home. This section of the newsletter will be called **MINDFULNESS MOMENTS**.

This week is all about **talking about your feelings!**

**KS1:** Ask your child to try and recognise different times of the day when they feel an emotion. This can begin with a simple emotion of feeling happy and sad and getting them used to talking about their own feelings. You could prompt them with sentences such as 'I felt happy today when....'

**KS2:** Ask your child to think about the 'PEAK' and 'PIT' of their day is a great daily activity that allows your child to open up and start thinking about their daily emotions. Demonstrate to them that an adult's emotions also vary during the day by giving them your own 'PEAK' and 'PIT.'

**FUN TIME:** Watching the film 'Inside Out' is a great way to introduce your child to the concept of thinking and talking about their feelings.

If you have any questions about Let's Talk or would like to talk to Mrs Watkins about a particular concern regarding your child's mental health and well-being, please contact her through [wellbeing@emmanuel.camden.sch.uk](mailto:wellbeing@emmanuel.camden.sch.uk).