

Hello everyone,

Today's bulletin has some practical strategies from youngminds.org to help you reflect on and cope with the huge range of emotions we are all experiencing at this time. I hope you find them useful.

Mrs Taylor

The first image is a poster that can be used by families to help when 'emotions explode'.



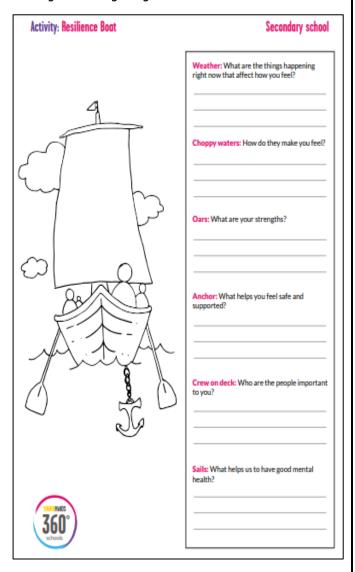
The next activity focuses on developing yOur resilience:

Using the template below, think about all the things you may be worried about at the moment. Write these next to the image that says "choppy waters / weather".

Then think about what helps you feel supported and safe, this may be family, school, a pet. Write these next to the image that says "Anchor".

Then list the people who help and support you - your 'Crew on deck'.

In the image labelled "Sail", what are the selfcare strategies that help you to have good mental health, this might include exercise, drawing, music or gaming.



Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling at this time. You can do this by emailing me at ktaylor@penrice.org.uk

