



Mental Health and Wellbeing Newsletter

Edition 6

St Mary's Catholic Primary School

Learning and Living Through Faith

Edition 6- Identifying Emotions

Welcome to this half term's Mental Health Newsletter focussing on Identifying Emotions.

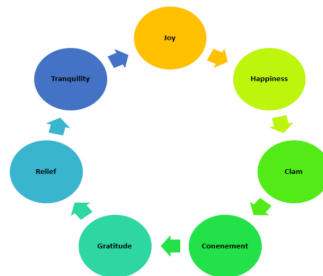
Have you ever found yourself wondering what has caused someone to have an emotional outburst? When managing pupils' emotions in school, there is often more going on than meets the eye. "Atlas of the Heart" By Brynlee Brooke maps out a series of human emotions and their meaning. The diagrams created offer a simplified view of the range of human emotions which could be affecting an individual's behaviour. Can you relate to these?

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" *Philippians 4:6-7*

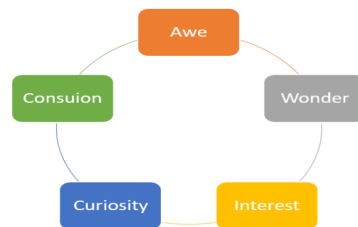
Emotions Felt When We Are Wronged



Emotions Felt When Life Is Good



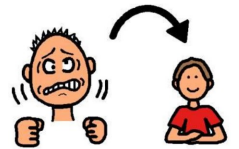
Emotions Felt When Things Are Beyond Us



Top tips to help keep calm!

When adults and children are full of emotion, talking to them can be a waste of time. Everyone needs time to calm down first. Here are a few top tips that you can use to help you or your child calm down:

1. Go for a walk
2. Find a "chill spot"
3. Take a breath
4. Count to 10
5. Listen to music
6. Be grateful
7. Laugh
8. Hug
9. Loosen up
10. Sit quietly



Write A Gratitude List!

Thankful people are usually more optimistic. They're also less depressed and stressed. So, when we teach our children to appreciate what they have, and what others do for them, we are helping them become happier, healthier adults.

Sesame Street writes a gratitude list: <https://www.youtube.com/watch?v=tyQCPE0qvR0>

Helpful links:

<https://www.thepositiveplanners.com/how-to-journal-with-children/>

<https://www.childrenssociety.org.uk/what-we-do/blogs/helping-children-understand-their-emotions>

<https://mentallyhealthyschools.org.uk/media/2065/feelings-activities.pdf>

