

29th January 2025.

Dear Parents/Guardians,

In school, your child has been learning about emotions with a little help from Riley and her friends from Disney and Pixar's Inside Out 2 for **Children's Mental Health Week**. We hope that by learning more about our emotions and about ourselves, we can grow, be more connected and support others better.

We encourage you to ask your child about what they have learned and if you would like to explore this further as a family, here are some ideas to get you started:

- Share emotions. For example, share a time you felt joy or anxiety. What made you feel that way, and when have you felt like that again? Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.
- Spread positivity with an alphabet game. For each letter of the alphabet, name something that brings you joy. Take turns and see if you can come up with words for every letter!
- Create a joy plan. Ask your child to share ways you can help them feel better when dealing with strong emotions. Encourage them to talk with you when/if they feel this way. Then, work together to come up with methods to soothe anxiety, ease sadness, reduce anger, celebrate joy, and so on.
- Design a memory scrapbook. Create a scrapbook that records important events and joyful emotions in your family's history.

Finally, you could **design a poster** together to promote good mental health for home or to bring into school for the poster competition with a closing date of **Friday 14th February**. The competition poster needs to be A4 and have a positive message to inspire us all. Children can use characters from Inside Out 2 (see below) if they wish to. Our Wellbeing Ambassadors will be putting the winning entries up around the school.

Thank you so much for your support with this,

Preston Primary's Wellbeing Team.

