

May 8, 2020

Dear Saint James Families,

As always, I hope this letter finds you and your families well and healthy.

This has been an interesting week...we have gone from almost 80 degree weather, to the chance of snow this Mother's Day weekend! Then of course, we received Governor Lamont's official announcement that distance learning will continue for the remainder of the school year. While this announcement wasn't surprising, I imagine it brought a host of emotions to both parents and children.

We have all been doing our best to carry on, and be our best selves. There are still so many unknowns, and we're missing so many things we perhaps took for granted in our day to day lives. That being said, I wanted to provide some additional resources to families...

Below you will find **"9 Mental Health Activities to do with Your Children"** and attached is a **"Family Quarantine Workbook."** I hope you find some of these ideas and suggestions helpful.

If you have questions, or would like to discuss options for additional support, please reach out to me – Cate Jennings, St. James School Social Worker – cjennings@saintjamesschool.net

Sincerely,

Cate Jennings, LMSW

Saint James School Social Worker

9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

 @BELIEVEPHQ

WORRY TIME

- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them

THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

ACTIVITY PLANNING

- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

3 GOOD THINGS

- Before bed spend some time with your child to identify and write down three good things they achieved from the day

WELLBEING

- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

BEING PRESENT

- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.

