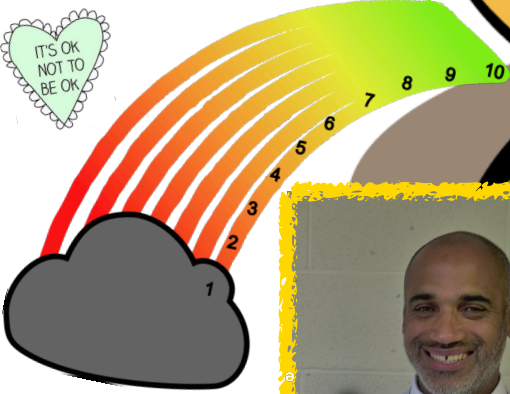




Mental Health and Well-Being Support with Mr Doyle Issue 11 - Connecting!

Don't forget, where you see the orange underlined text, that is a link to a super mental health and well-being resource!



Ask yourself...
Where am I on the rainbow today?

A Message from our Mental Health Guru - Mr Doyle!

“As social beings, the capacity to form and maintain relationships is essential to us and how we function within society. It is a key component to being mentally healthy, and having a positive sense of wellbeing.” Today's resource looks at relationships and **connecting** with others. This is a key part of the **NHS five steps to Well-Being**. Enjoy!”



Check out this brilliant article from the [Mental Health Foundation](#) on Why relationships are so important for children and young people. [Important Relationships!](#) They have also produced some wonderful resources around [pupils returning to school after lockdown](#); like this [Tips for parents and caregivers – preparing your child to return to school resource](#). Have a look, these may be useful!

Head over to our [Twitter feed](#) to see how we reconnected with our children when they all returned to school this week!

If you can **DREAM** it, you can do it!



- **Ask a friend or a family member where they are on the rainbow** and then suggest an activity to improve their mood. The NHS five steps to wellbeing is a great resource to help with this. Check it out! <https://www.nhs.uk/improve-mental-wellbeing>
- **HELP ME OUT!** Come up with as many ways to talk to a friend – for example, FaceTime... How many can you think of?
- Why not **introduce a friend to a 3-minute Headspace meditation** activity? For those friends who are quiet: <https://my.headspace.com/everyday-headspace/info>
- Don't forget, the friend who you choose to connect to may be your pet: <https://www.theguardian.com/education/2011/feb/28/dogs-listen-to-children-reading>.
- Take a look at this really important message on how to talk and listen to each other. <https://www.annafreud.org/schools-and-colleges/resources/talking-mental-health-animation-teacher-toolkit/>.

Check out our [Mental Health and Well-Being page](#) on our website!

