

STAND OUT & SHOW UP



## Conversation Starters

Talking to your child about how they're feeling can be tough at times, especially if you're concerned they're having a difficult time. You may not know what to say, how to say it or feel worried about how they may react. It doesn't matter what topic the conversation starts with - it's about the opportunity it gives you to talk about feelings and provide comfort.

What's the best way to encourage your child to open up?

Here are some conversation starters to help.

- What was the best part of your day?
- What could have been better about your day?
- What did you do to make you feel proud?
- How are you feeling?

# Mental Health and Well-Being September 2023 #Hello Yellow Day

Don't forget #HelloYellow Day on Tuesday 10<sup>th</sup> October 2023

Stand out and show up for young people's mental health on World Mental Health Day this year. We are really looking forward to seeing a sea of sunshine across the school. The children can come to school dressed in yellow or wearing their school uniform with a yellow item in support of Young Minds.

The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'. World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

There will be no need for monetary donations.

If your child is experiencing a challenging time, you can try to find out how they'd like to be supported by asking gentle questions like:

- Do you want to talk about what's going on?
- Can you draw it?
- How can I support you through this?
- Is there something you need from me? Or anyone else?  
Space, time to talk, time to do something
- What's your biggest worry?
- How have you managed your worries/concerns in the past? What helped you?

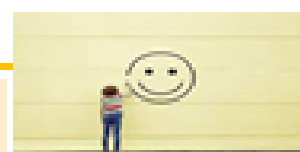
## Talking is Powerful

Talking to someone you trust about something upsetting may help you to:

- Sort through the problem.
- See the situation more clearly.
- Look at the problem in a new or different way.
- Release built-up tension – this can help you to gain new insight into the situation that is causing the problem.

POSITIVE  
AND  
POWERFUL

## CALM DOWN YOGA FOR KIDS



Don't Forget ... Action  
for Happiness Calendar:  
Optimistic October  
2023

"Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you"