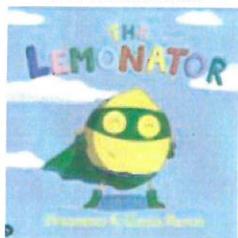


## This week in Chestnut – Children's Mental Health Week

We are here to help. If you have any questions or concerns, please talk to your child's keyworker or any of the staff.

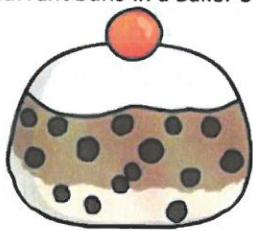
### Book of the week:

The Lemonator



### Rhyme of the week:

5 Currant Buns in a Baker Shop



### Sign of the week:

Brother



### Happy Thought of the week:

**HAPPY MIND**

**HAPPY LIFE**



## Children's Mental Health Week at Hirst Wood Nursery School

This week at nursery the children will be taking part in Children's Mental Health Week, focusing on helping children understand and express their emotions in a safe, age-appropriate way.

We will be sharing stories such as The Colour Monster, The Worrysaurus and The Lemonator, which help children explore feelings like happiness, worry, sadness and calm. Alongside this, the children will enjoy spending time in our wilderness garden, connecting with nature, taking part in gentle yoga sessions, and joining in simple guided meditations to support relaxation and wellbeing.

Through play, stories and mindful activities, we aim to support children's emotional development and help them build positive mental wellbeing from an early age.

### Learning Opportunities

We will be:

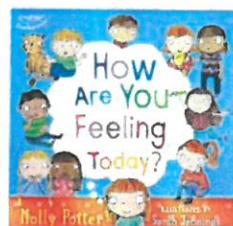
- Taking part in guided meditation.
- Using our creative skills to create our own Colour Monsters.
- Using our imaginative skills to create potions to help us feel happy.
- Listening to calming music and talking about how it makes us feel.
- Sharing PSED stories and reflecting on our own experiences.
- Talking about strategies to deal with challenging situations.



### Help at Home

#### Talk about feelings

Building a good understanding of emotions when children are young helps them relate to others and manage their own mental health later now and in the future, as more complicated emotions arise. Try asking your child to describe how they are feeling and follow up with open questions about what's happened to make them feel this way. For example; 'Tell me about how you are feeling?' or 'What has happened to make you feel like this?' Talking will help your child process their feelings and make sense of them. There are lots of really useful books in our lending library to help you develop your child's emotional literacy.



### Dates for your diary:

- Friday 13th February - Nursery closes for half term
- Monday 23rd February - Nursery re-opens for the Spring 2 term