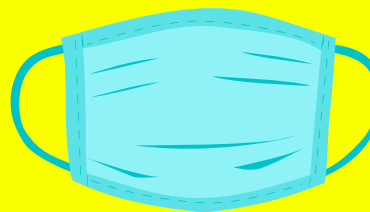
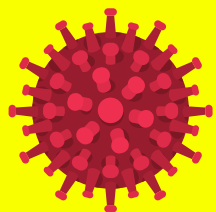


CATCH-UP



LOST  
LEARNING

# FOR EMOTIONAL WELLBEING, LET'S REMEMBER THE IMPORTANCE OF...

Play

Journalling

Circle Times

Bite-size learning

Building connection

Trauma-informed practice

Instilling a sense of safety

Kindness and self-compassion

Building routines whilst being adaptable

Arts and creative expression of emotions

Learning about emotions & skills to regulate them

Funding for more mental health training & support in schools



COVID-19

[www.mentallywellschools.co.uk](http://www.mentallywellschools.co.uk)

MENTALLY  
★ WELL  
SCHOOLS

