

Happy 2020 JHCS Families!

I hope this newsletter finds you all happy and healthy. Due to an extended family emergency in January I will be rolling January's emotional learning into February. The focus for the month is on mental health. For each grade this will be taught differently according to their age group. As usual below are some resources that may help you as you discuss this with your child.

Thanks for Being Amazing Parents,

Sam Grabert

We all have Mental health!

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

In-Side Out Emotional Health

[https://www.youtube.com/watch?v=tNsTy-j\\_sQs](https://www.youtube.com/watch?v=tNsTy-j_sQs)

What is? What are some other emotions?

Sadness/ Afraid / Ashamed

Depression /Anxiety / Nervous

Lonely / Empty / Worried

Frustration / Anger / Enraged

Happy / Hopeful / Surprised

What can we do when someone comes to us and has a problem?

[https://www.youtube.com/watch?v=c8l\\_n9ju8ko&list=PLOiPHFL1tjH6cLmMVizf\\_fQEcYn9Yi\\_n&index=8](https://www.youtube.com/watch?v=c8l_n9ju8ko&list=PLOiPHFL1tjH6cLmMVizf_fQEcYn9Yi_n&index=8)

Being there for someone

1. Check How They're Doing:
2. Hang out with them: Watch a movie, play a game, play outside or other activities you know they would like
3. Listen without judging:
4. Be there as they need you
5. Help them find support

### **Parent Resources**

Inside Out Emotional Maturity (excellent for parents to understand children's emotional maturity)

<https://www.youtube.com/watch?v=pp71BH0UlvE>

We all have mental health

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

Ask Twice

[https://www.youtube.com/watch?v=6-ZOp\\_NioP0&list=PLOiPHFL1tjH6cLmMVizf\\_fPQEcYn9Yi\\_n&index=6](https://www.youtube.com/watch?v=6-ZOp_NioP0&list=PLOiPHFL1tjH6cLmMVizf_fPQEcYn9Yi_n&index=6)

Mental health myths and facts

[https://www.youtube.com/watch?v=XanUpMSHhBQ&list=PLOiPHFL1tjH6cLmMVizf\\_fPQEcYn9Yi\\_n&index=5](https://www.youtube.com/watch?v=XanUpMSHhBQ&list=PLOiPHFL1tjH6cLmMVizf_fPQEcYn9Yi_n&index=5)

When there is someone you know that is struggling you cannot fix their problem but you can be there for them. There are five steps you can take to help them:

[https://www.youtube.com/watch?v=c8l\\_n9ju8ko&list=PLOiPHFL1tjH6cLmMVizf\\_fPQEcYn9Yi\\_n&index=8](https://www.youtube.com/watch?v=c8l_n9ju8ko&list=PLOiPHFL1tjH6cLmMVizf_fPQEcYn9Yi_n&index=8)

Small Things Make a Difference

[https://www.youtube.com/watch?v=D1fTrTa1ncA&list=PLOiPHFL1tjH6cLmMVizf\\_fPQEcYn9Yi\\_n&index=4](https://www.youtube.com/watch?v=D1fTrTa1ncA&list=PLOiPHFL1tjH6cLmMVizf_fPQEcYn9Yi_n&index=4)

Managing Worry and Anxiety for Kids (K-6)

<https://www.youtube.com/watch?v=l7g8Atv27Q8>

Sticks learns how to deal with feeling sad (K-3)

<https://www.youtube.com/watch?v=tuyAfCxGfWl>

Fight Flight Freeze – A guide to anxiety to kids(k-6)

[https://www.youtube.com/watch?v=FfSbWc3O\\_5M](https://www.youtube.com/watch?v=FfSbWc3O_5M)

Why Do We lose control of our emotions?

<https://www.youtube.com/watch?v=3bKuoH8CkFc>

Break the Stigma (4-6)

<https://www.youtube.com/watch?v=49mfPFTZsHs>

How to Spot the signs of mental health

<https://www.youtube.com/watch?v=FB49AezFJxs>