



STIVICHALL PRIMARY SCHOOL
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Artsmark
Silver Award
Awarded by Arts
Council England

14th May, 2021

Dear Parents/Carers,

As restrictions begin to be relaxed even further and children have settled and reintegrated back into school, and as we all further progress through the national road map, we recognise that this is as important a time as ever to support children's mental health and wellbeing. The following is intended to help you as parents to support your children, in not only recognising the emotions that they may feel but also ways of coping with them.

As we all navigate the next stages of relaxation of restrictions and further return to some form of normality, we can continue to use some of the examples of resilience that we have perhaps built upon over the past challenging year. We are encouraging children at school to use the skills they have gained over the past year, to face current challenges and those that they may experience moving forward through life.

Throughout this term, we have been and will continue to be putting some further focus on helping children to manage their emotions and to find coping strategies to help them continue to build their resilience. This will be useful as they get used to managing busy places and busy days again, such as being fully back in school and back into the wider community again, as well as perhaps now also accessing their after school activities.

An example resource that will be used in assemblies and in class to discuss emotions and how to manage them in a child-friendly and accessible way, is the range of clips from a Disney Pixar film called Inside Out. The links to the clips from the film and a brief summary of what is covered in each is at the end of this letter.

We will be helping the children to recognise their emotions, share them with someone they trust, accept what they are feeling and encourage them to try to find solutions to help themselves with their emotions, accessing help where needed.

Please do continue to communicate with school if you have any concerns or want to discuss anything with me or your child's class teacher.

Yours faithfully,
Mrs Whitehouse
Learning Mentor
Early Help (CAF) Lead
Deputy Designated Safeguarding Lead

parle2243/yg

Links to the *Inside Out* clips follow:



[Get to Know your "Inside Out"](#)
[Emotions: Joy](#)

Streaming Now on Disney+ – Sign Up at <https://disneyplus.com/> She's here to turn that frown upside-down! Get to know Joy from Disney/Pixar's Inside Out! Like ...

[youtu.be](#)

<https://youtu.be/1S0RKRRyqhQ>

Meet Riley's emotions

<https://youtu.be/6D4oP8UJQ90>

Get to know the inside out emotion - disgust
What would your disgust character be like?

https://youtu.be/l8h_6uV7Yzs

Get to know the inside out emotion - sadness
What would your sadness character be like?

<https://youtu.be/-HQIg3ZwAs0>

Get to know the inside out emotion - anger
What would your anger character be like?

https://youtu.be/85z4N_sHXJw

Get to know the inside out emotion - fear
What would your fear character be like?

<https://youtu.be/dOKyKyVFnSs>

Guessing the feelings

<https://youtu.be/u2jt8QCvuBw>

Helping children to understand that each emotion is needed and why at times, we might need to cry.

<https://youtu.be/wTbfX9FBZC4>

This one is particularly good for year 6 - transition/moving on/growing up/becoming a teenager?

https://youtu.be/Cjgdiy_SGjA

Helps children to understand that everyone has emotions - even grown-ups! This one might make adults smile too 😊

<https://youtu.be/QT6FdhKriB8>

Good for showing it is okay to allow someone to feel sad and that just listening sometimes is all that is needed, as they may then work through it themselves just because you listened.

<https://youtu.be/pp71BH0UlvE>

Emotional maturity

<https://youtu.be/AcfmHoUiNnw>

Joy realises why sadness is also important

<https://youtu.be/hxjMEPtYY1U>

Best moments of the characters' anger, fear, disgust