

Mentor Newsletter- June - July

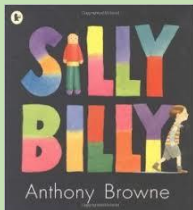
Worries & Anxiety Support

Ideas of activities you can do at home with your children - The worry bag*

Using a real bag or getting your child to draw one, they can draw or write their worries and put them in the bag. You could use heavy items like stones or marbles to represent each worry and get them to lift the bag to show how heavy their worries are. Using the book **The Huge bag of worries** ask your child to work out who the worries belong to then they can feel how much lighter the bag is once they have shared them.



Below is a selection of books that we recommend to you. Reading them with your child may help to reduce their worries and anxieties



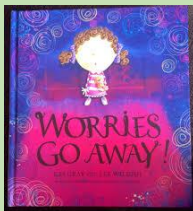
You can read the book **Silly Billy*** with your child

Then the child can make their own worry dolls like the ones above



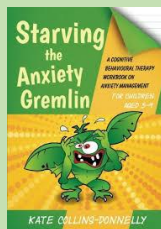
I Think My Mind Is Tricking Me

by Joshua and Roy Whitten



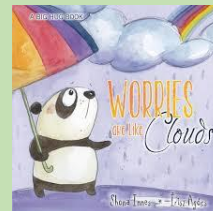
Worries Go Away!*

by Kes Gray



Starving the anxiety gremlin

by Kate Collins-Donnelly



Worries are like clouds

by Shona Innes

You can purchase the above books on **Amazon** or from shops such as **News from Nowhere on Bold St, Liverpool** * available from **Liverpool libraries**

Online support



MindEd is a free educational resource on children & young people's mental health – www.minded.org.uk

Infant Department Mentor - Michelle Fox

m.fox@dovedaleprimary.co.uk

Junior Department Mentor - Nicola Gwilym

n.gwilym@dovedaleprimary.co.uk

Telephone 0151 733 4232