



At Kirklington Primary School we recognise the importance of good mental health and wellbeing. Please read our Positive Mental Health policy for more information.

If you are concerned about your child’s mental health, here are some links and ideas that you may find helpful. Remember that you are always welcome to phone or email the school office, or speak to your child’s class teacher too.

Our current mental health offer is outlined below – as you can see, ‘Tier 1’ are the things that are in place at school and open to all. We have many options available to us if a child needs more support with their mental health.



To support your child’s mental health at home, you may like to consider the following ideas...

- Gratitude / thought journals
- Reduced screen time
- Drinking more water and eating healthy meals
- Spending more time in nature (a walk in the woods, or even sitting in the garden)
- Mindful activities such as colouring together
- Guided meditations

If your child is feeling particularly worried then a useful technique is '5, 4, 3, 2, 1,' – find 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell and take one deep breath. Another is called, 'Take 5,' where you run one finger gently and steadily up and down the fingers on your other outspread hand, and breathe in and out slowly as your finger moves up and down each digit.

Some links that may be useful for you...

Hub of Hope – available as an app, this database allows you to search all the mental health support in your local area, and filters let you tailor the specific support required.

[You are NottAlone | NottAlone](#)

<https://www.annafreud.org/>

<https://www.youngminds.org.uk/>

[Staying Safe](#)

[Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](#)

[Relax like a cat: Relaxation Exercise for Children - Free Social Work Tools and Resources: SocialWorkersToolbox.com](#)

We have lots of books in school that are available for you to borrow, please see your child's class teacher, or Mrs. Grindrod for help with this.