

## Benefits of the C.A.R.E Programme

Increased understanding of emotions

More confident in communicating feelings to others

Increased tool box of strategies and techniques to cope with uncomfortable thoughts and feelings

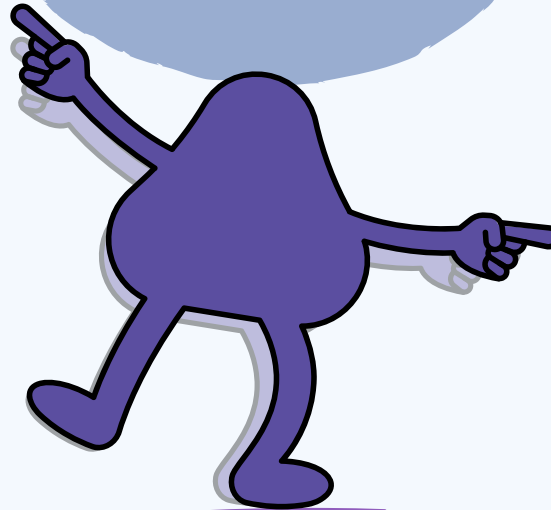
In addition we ensure that children who participate in the programme know where and how to access support if needed. This includes:

- Speaking to a trusted adult
- Childline 0800 1111



## Who are the MHST?

The Mental Health Support Team is a new, early intervention service created to support the wider NHS child and adolescent mental health service (CAMHS).



## Contact us

If you have further questions about the programme or concerns about your child's mental health, please speak to your school's Mental Health Lead.



# The C.A.R.E. Project

Coping and Resilience Education





# Introduction to C.A.R.E.

What are we going to do?

There is growing recognition that young people's emotional and mental health is an important component of overall health, wellbeing and happiness.

Your child's school, together with the Aldershot & Rushmoor Mental Health Support Team, will be running an interactive and engaging emotional wellbeing programme for all young people in Year 5. The programme consists of 3 workshops and targets key skill including:

Emotion Reecognition

Expressing Emotions

Mindfulness

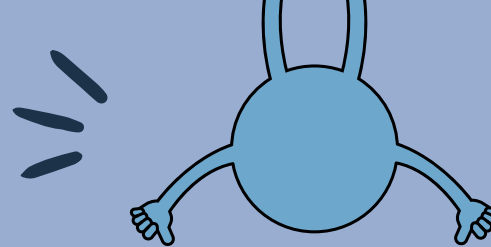
Grounding Techniques

Breathing Exercises

Help-Seeking

Self-Esteem

Empathy



## Session Outlines:

1

- Vocabulary for Emotions
- Identifying emotions in ourselves
- Emotional Behaviours

2

- Learning the links between our mind and body actions and the impact this can have on our feelings
- Coping strategies & techniques for difficult emotions

3

- Learning about difference and embracing our unique qualities in order to boost self-esteem
- Empathy and Kindness
- How to access support if struggling to cope

## Some of the techniques taught:

Please note we highly advise you attend our optional parent workshop to find out more about these and how to support your child to use the strategies. Your school will let you know the details of this.



'Melting' muscle relaxation



Grounding by sitting still like a frog



Bubble Breathing



Butterfly Hug



Acts of Kindness



Five finger positivity



## Self-Soothe Box

Look out for more information which we will send home for this

