



# Me and My Feelings

Dear Parents/ Carers of year 2 students,

Your child's class will shortly be receiving a programme of workshops called Me and My Feelings.

Me and My Feelings aims to help your child to develop an awareness and understanding of their feelings and learn how to express and manage them.

It will be run by the Mental Health Support Team (MHST) who work in Baddow Hall Infant School and schools across Chelmsford. The MHST's role is to support children, young people, and their families with their emotional wellbeing. Class teachers will also be involved in delivering the programme and encouraging the children to practice the skills they learn in the classroom.

The Me and My Feelings programme will take place on Fridays for 6 weeks after half term and all children in year 2 will be involved.

Included with this letter is a session-by-session information sheet which can support you to explore with your child what they learn each week.

If you have any questions, please contact your class teacher.

Kind regards,

Claire Hobern and Meghan Hartman

Mental Health Support Team