

Proud to be part of



The children and young people's emotional wellbeing and mental health service



Surrey and Borders Partnership
NHS Foundation Trust

Brain Buddies Information Morning for Parents



Tuesday 10th
October
9-10am



Year 4 classes are starting "Brain Buddies" an 8-week emotional regulation programme with the Mental Health Support Team (MHST) this term.

The programme aims to support them in learning to recognise emotions, what happens in our brain and bodies and manage big emotions.

The MHST are hosting an information morning for parents to find out the skills your child will learn and how you can support them with these new skills at home



Feedback from previous brain buddies:

'I have learnt:

- How to solve problems
- How to not flip your lid
- How to calm down'

'Brain buddies helped me control my emotions with the skills I have learnt'

'I have learnt breathing, yoga and how to calm down'

