

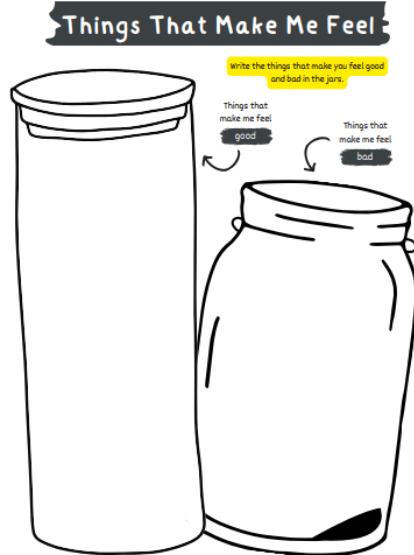
Marvellous Me Session 3



Talk & Listen
Be There
Feel Connected

Session 3 we continued to focus on the 5 ways to wellbeing –

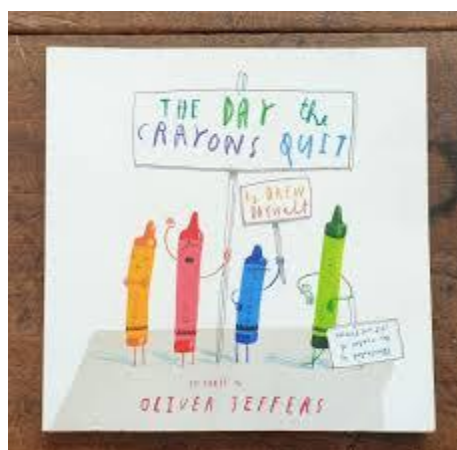
Connect this session. We thought about the things that make us feel good and the things that make us feel bad and filled our jars up with them. We thought about the vision of putting them in the jar and doing the jar up tight for things that make us feel bad and trying to avoid them.



We thought about the connection we have with our child and how we can connect with them through praise. NHS - *“ Good relationships are important for your mental wellbeing”*. This includes self-worth, positive experiences and providing emotional support to others.

Parents and carers supported their child to make their own praise jar. We explained to our child how we will use the jar at home and as a family. We thought of something great that happened this morning - successes, little things we can praise our child about and wrote notes of these and put them in the jar. We took home card to write some more over the week.





We then read the day the crayons quit and explored feelings of different colours. In the story, a little boy named Duncan receives a stack of letters from his crayons. In the letters, each crayon shares why they are quitting and will no longer be Duncan's crayon. This humorous view into the life of a child through their crayons made us think about how we connect to others and started to make us think about associating colours to feelings.

The five ways to wellbeing are a set of simple actions that can improve your mental health and wellbeing. The course covers each of the 5 ways over the 10 sessions. We take time to offload and think about our week and thought about small steps we could take to think more positively and feel a bit better.

