



# Holywell Primary School

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**We are a learning community with the spirit to succeed**

19/04/2022

Dear Parent/Carers

## Re: 'Brain Buddies'

During this last term of school, your child's whole class is partaking in 'Brain Buddies' which is a group intervention exploring emotions.

'Brain Buddies' aims to develop children's understanding of emotions:

- What are emotions?
- What do they feel like?
- What happens when they take over?
- Why does this process happen?
- How can we manage our difficult feelings?
- How do we challenge unhelpful thoughts?
- Where can we go for help or support?

The group runs for 8 x 1 hour sessions (Elder class 13:30 to 14:30 on Friday afternoon, Chestnut class 13:30 to 14:30 on Monday afternoon), delivered on a weekly basis by an Education Mental Health Practitioner (EMHP) from the Mental Health Support Team linked to our school. The children will be asked to complete a questionnaire about their feelings at the start and end of the group and they will be supplied with a booklet with the topics discussed over the 8 sessions.

If you would like further information or clarity about this programme, please do not hesitate to contact me.

Yours sincerely,

Mrs B. Bahirathan  
Pastoral Care Leader

