

Emotional Health and Wellbeing Service

Information for parents/carers

What is Brain Buddies?

Brain Buddies aims to develop students' understanding of and skills in **emotion regulation** – noticing and managing their feelings. The sessions will help students to:

- understand and identify their feelings
- understand how their brain works
- develop strategies and learn skills for regulating their emotions

Brain Buddies takes place over **nine sessions** of around **one hour each week**. There is a combination of teaching, worksheets and small group tasks. The children will have a workbook that they can keep to help them remember skills learnt in Brain Buddies after the sessions finish.

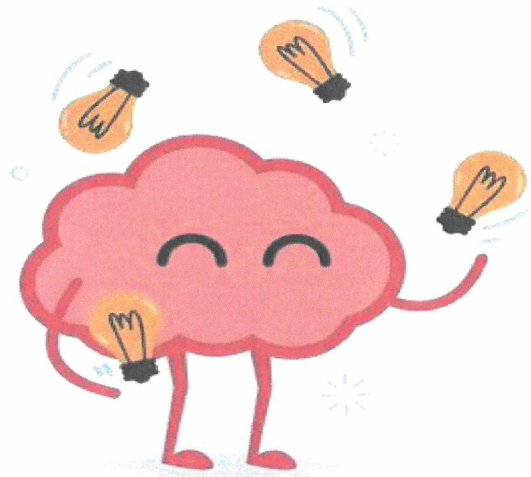
Why is emotional regulation important?

Strong emotions can be scary for children, but they tend to feel more manageable when children are able to talk about how they are feeling.

Brain Buddies will help students to manage their reactions to feelings and events by developing their understanding of and skills in emotion regulation.

Why has my child's class been chosen?

Learning to self-regulate is an important life skill for all children. A child's capacity to manage their emotions affects their family, friendships, academic performance and long-term mental health and wellbeing. These skills can also help them manage transitions such as moving to secondary school.



Support from adults

Emotion regulation is best done through **joint support by consistent, caring, calm adults** in the lives of young people.

The group will help students **develop a shared understanding** and language that can be further reinforced by ongoing use and **support from parents/carers and teachers**.

Who is leading the sessions?

Brain Buddies will be led by members of the Peterborough Mental Health Support Team part of the NHS Emotional Health and Wellbeing Service, working closely with the class teacher. This is a new service supporting schools to improve the emotional health of all children.

If you have any questions about Brain Buddies, please get in touch with:

The Mental Health Support Team

E-mail address: ccs.mhst@nhs.net