

INFORMATION FOR GROWN UPS

DEAR PARENTS AND CARERS,

Welcome to **MY BRILLIANT place to be ME!** - a journal designed to help 8-11 year olds explore simple ways to support their mental health and nurture their wellbeing.

MY BRILLIANT place to be ME! has been created by Cornwall Council's Headstart Team, with help from primary schools in Cornwall.

One of Cornwall Council's four priorities is that 'Cornwall is a brilliant place to be a child and grow up in'.

We all want Cornwall to be a place where all children and young people are physically and mentally healthy, feel safe and have a sense of belonging in their schools and communities - which can help remove barriers to education and allow more children to enjoy, learn and achieve.

USING THE JOURNAL

MY BRILLIANT place to be ME! is full of activities and information designed to help children:

- Become more aware of their emotions, and recognise and name their feelings
- Understand that all feelings are OK
- Become better able to manage uncomfortable feelings with simple self-soothing strategies and by seeking help
- Identifying the people in their lives who can help them if needed.