

Mental Health Minute for students and parents #3 with Mrs. Eastwood

Welcome to your Mental Health Minute Reading Time with Mrs. Eastwood.

Please join me as I read a lovely book called “The Story of the Oyster and the Butterfly: The Corona Virus and Me’ by Ana Gomez. This book helps us to take a look at our strengths and skills that we can gather around us during times when we need some extra support. I hope that you like it. Just click on the link below.

Thank you for listening and remember to be kind to yourself!!

<https://youtu.be/wHptrOpuNBo>