

## **Mental Health Minute for students and parents #4 with Mrs. Eastwood**

Welcome to your Mental Health Minute with Mrs. Eastwood.

It is important to find ways to help our minds and bodies relax and be able to settle. One way of doing this is focusing our thinking on 'happy thoughts'. These can be people, places, experiences, tastes, adventures or even things in the future like places we want to go or things we want to do or people we want to meet. A happy thought I like to focus my mind on is being by water, sitting in a comfy chair enjoying all the sounds and smells and sights around me and feeling the warmth of the sun and reading a good book. This helps me relax and smile and calm my brain.

Here is a link to a Sesame Street video that sings a song about all kinds of different 'happy thoughts' that might help you discover how you can use the 'happy thought' strategy.

<https://www.sesamestreet.org/videos?vid=1829>