

Introducing:

The Go-To Project

better mental wellbeing for our whole community

What?

Experiencing the full array of emotion is one of the gifts of being human. Even negative emotions have value, and they aren't always something we need to fix.

However, the ability to emotionally regulate and cope with these "negative" feelings is vital to our mental wellbeing.

Having a plan in place to manage feelings of sadness, anxiety or anger when they become overwhelming, or simply when we would prefer to feel differently, is an amazing tool. These skills are learned early. The Project aims to help kids identify the things, and especially the people, to "GO-TO" in the tougher times. You can help!



*"It is better to have
and not need than to
need and not have."*

Why?

Research shows **children** who are better able to manage emotions

- are less likely to develop mental health problems
- perform better academically
- are better able to stay engaged in class
- enjoy more positive peer relationships

Adults who are adept at reframing negative emotions and seeking support benefit just as much from these skills in terms of mental health, personal relationships and lifelong success.

Parents ... get involved

Support The Go-To Project at home!!

- Ask your child what they learned about The Go-To Project in school.
- Let your child talk you through the attached worksheet and take the time to discuss your own strategies for feeling better.
- Model this emotional regulation at home:
 - talk about your own emotions and how you manage them
 - say out loud the things you do to feel better "I was feeling really nervous today and I went for a walk, and I feel better."
 - discuss the benefit of having trusted adults to talk to if times get tough