

# Parent's Newsletter

May 2021

## Mental Health Awareness Week - 10-16 May

Spending time in nature has been something that many of us have taken a lot of comfort in during the last year of lockdowns. We know from research that spending even just 5 minutes in green or blue spaces (such as fields, woods or by the water) can have positive impact on mental health and wellbeing. It has been shown to reduce stress and lift mood and is often advised as part of mental health management plans.

If getting out is difficult for you then you could bring nature into your home and everyday life. Here are some ideas to try with your families:

- Grow your own vegetables
- Go for a walk and take pictures of things that make you feel happy or calm
- Visit a local park, farm or woodland
- Eat a meal outside
- Star gaze and try and find the Big Dipper or Orion's Belt
- Listen to sounds from nature
- Sit by a window and watch birds in the trees – why not make your own bird feeder together using this guide from the RSPB: <https://bit.ly/3dcPank>



You can follow the updates for Mental Health Awareness Week via social media:



@mentalhealth



@mentalhealthfoundation



@mentalhealthfoundation



@mental-health-foundation

## "Walk to School Week" 18 – 22 May

Why not turn your walk to and from school into a nature walk?

You can find our nature walk scavenger hunt for our younger children or mindfulness in nature resource further on in this newsletter.



# I Spy Springtime Nature Hunt

☐ Blossoms

☐ Butterfly

☐ Bird

☐ Green leaves

☐ Seedlings

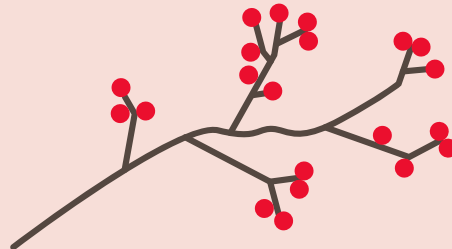
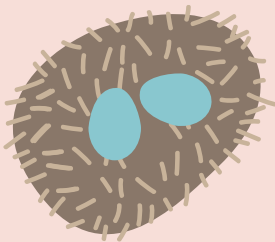
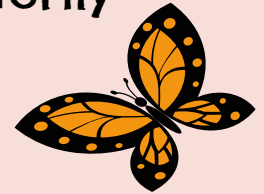
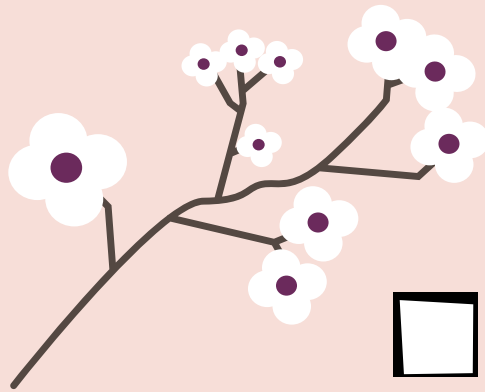
☐ Flower

☐ Squirrel

☐ Bird's nest

☐ Fruit or berries

☐ Spider or spider's web



If you are worried about your child or they would like some further support over the school holidays then you can chat with our team through our FREE eClinics app.



Discuss any mental health related issues using instant messaging on your mobile or tablet. Download our FREE app on Google and Apple app stores.



Scan our QR code for a FREE direct download:



**WITH  
ME  
MIND**

Where to get further help and advice

CAMHS: <http://camhs.rdash.nhs.uk>

NHS: <https://www.nhs.uk/oneyou/every-mind-matters/>

With Me In Mind website: <http://www.withmeinmind.co.uk/>

Follow us on:



@doncastercamhsnhs

# Grounding in Nature



**Listening** - bring all your attention to the sounds around you. Listen to the birds or the wind in the trees - how many sounds can you hear?



**Observing** - spend a few moments watching the world go by - can you find shapes in the clouds?



**Being** - be present in your body whilst you are outside - how does it feel? It is cool? Can you feel the sun warm your skin? What do the flowers smell like?