**Information for parents/carers**

**What is Brain Buddies?**



Brain Buddies aims to develop students’ understanding of and skills in **emotion regulation** – noticing and managing their feelings. The sessions will help students to:

- understand and identify their feelings

- understand how their brain works

- develop strategies and learn skills for regulating their emotions

Brain Buddies takes place over **nine sessions** of around **one hour each week**. There is a combination of teaching, worksheets and small group tasks. The children will have a workbook that they can keep to help them remember skills learnt in Brain Buddies after the sessions finish.

**Why is emotional regulation important?**

Strong emotions can be scary for children, but they tend to feel more manageable when children are able to talk about how they are feeling.

Brain Buddies will help students to manage their reactions to feelings and events by developing their understanding of and skills in emotion regulation.

**Why has my child’s class been chosen?**

Learning to self-regulate is an important life skill for all children. A child’s capacity to manage their emotions affects their family, friendships, academic performance and long-term mental health and wellbeing. These skills can also help them manage transitions such as moving to secondary school.

There is a presentation explaining more about Brain Buddies which we will let your school know about.

We will be offering a question and answer session for parents and carers on XXXXXXXX**.** Please email us if you would like to attend.

**Who is leading the sessions?**

Brain Buddies will be led by a member of staff from Islington’s School Wellbeing Service (SWS), working closely with the class teacher. The SWS is a new service supporting schools to improve the emotional health of all children.

If you have any questions about Brain Buddies, please get in touch with:

School Wellbeing Service

E-mail address; **islccg.sws@nhs.net**

***We hope to see you at the parent Q&A!***

**Support from adults**

Emotion regulation is best done through **joint** **support by consistent, caring, calm adults** in the lives of young people.

The group will help students **develop a shared understanding** and language that can be further reinforced by ongoing use and **support from parents/carers and teachers**.

***School Wellbeing Service***

*SWS*

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