



Mind Hug Day

On **Thursday 12th December**, the children at Corby Old Village Primary School will be having their very own 'Mind Hug Day' based on the book Mind Hug by Emily Arber. The book focuses on the different emotions we go through in the day and what strategies we can do to help us feel better. In addition to this, the children will be taking part in activities based on the '5 ways to wellbeing', so they can learn all the different ways they can help themselves and those around them when looking after mental health and well-being. They are invited to wear pyjamas on this day/comfy clothes to school on this day.



Using Zones of Regulation

At Corby Old Village Primary School, the children actively use Zone of Regulation boards to help them manage and talk about their feelings. Our aim is for the children to be able to identify their feelings and to find strategies to self-regulate. For more information on how you can help your child self-regulate, go to:

[How we can help children with their self-regulation](#)

[Zones of regulation information for parents](#)

The ZONES of Regulation

			
Sad Tired Sick Lonely Disappointment	Happy Calm Ready to Learn Grateful Focused	Excited Worried Wiggly Frustrated Nervous	Angry Cross Frightened Out of control Terrified

Coping Skills Fortune Teller

This is a lovely resource for exploring coping strategies linked to sadness, anger, anxiety and fear. There are three versions for you to use.

<https://www.elsa-support.co.uk/coping-skills-fortune-teller/>

