

# MENTAL HEALTH SUPPORT TEAMS



**Hampshire and  
Isle of Wight Healthcare**  
NHS Foundation Trust

**Dear Parent,**

As you may already be aware, the Mental Health Support Team (MHST) works in collaboration with your child's school to support children and young people's mental health and wellbeing. We are an early intervention service that offers one-to-one support for children and their parents/carers, as well as groups and workshops. We also support schools to embed a whole-school approach to promoting positive mental health and wellbeing.

As part of this offer, we will be delivering a workshop to all Year 2 pupils to provide them with strategies to help manage any worries they may face. The workshop has a particular focus on the transition to Junior School and how to manage common worries associated with this change; however, the strategies can be used to help manage any worries.

We have attached an information sheet about breathing techniques and how to make a worry monster. We encourage you to try these activities with your child at home.

This workshop is being delivered as a pilot, so we would greatly appreciate any feedback you may have if your child talks about it at home. If you have any questions or concerns, please speak to your child's class teacher or the school's Mental Health Lead.

**Yours sincerely,**

**Romsey and District Team  
Mental Health Support Team (MHST)**

# How to make a worry monster

You will need:

- Empty tissue box
- Scissors
- Glue
- Paper or card
- Colouring pens
- Googly eyes



1



Make your tissue box colourful! Stick on card or colour it in

2



Cut out some teeth and stick them on to make a mouth

3



Decorate! Does your monster have spots or hair?  
How many eyes does your monster have?

4



Feed your monster with your worries

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Service delivered in partnership with Hampshire  
and Isle of Wight Integrated Care System.

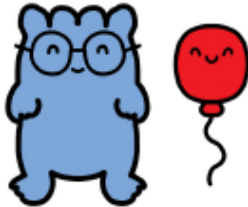


**NHS**  
[hampshirecamhs.nhs.uk](http://hampshirecamhs.nhs.uk)

# Breathing Techniques

When we feel anxious, upset or distressed, it can be difficult to know what to do to feel better. By using these breathing techniques, we can reduce our anxiety and lower our blood pressure/heart rate. This helps us feel calmer and more focused and helps us to face our fears.

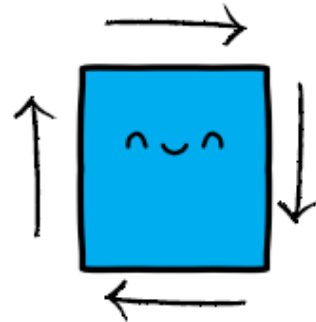
## Belly Breathing



- Take a deep breath in and fill your belly like you're inflating a balloon.
- As you do this, count 1, 2, 3, 4 to breath in and fill the balloon in your belly.
- Pause and then let all of the air out of your belly like you're letting a balloon deflate.
- As you do this, count 1, 2, 3, 4 to breath out and let the balloon go down from your belly.

## Square Breathing

- Imagine you're drawing a square with your finger in the air.
- Breath in while counting 1, 2, 3, 4 as you draw the top line and then pause.
- Breath out while counting 1, 2, 3, 4 as you draw the line down the side and then pause.
- Breath in while counting 1, 2, 3, 4 as you draw the bottom line and then pause.
- Breath out while counting 1, 2, 3, 4 as you draw the line up the side to make the square.



## Finger Breathing



- Use your index finger to trace around the edges of the fingers on your opposite hand.
- Count 1, 2, 3, 4 and breath in as you go up the first finger.
- Count 1, 2, 3, 4 and breath out as you go down the finger.
- Repeat until you have traced up and down all five fingers, breathing 1, 2, 3, 4 in and 1, 2, 3, 4 out each time.

Top Tip! Practise these breathing techniques when you're calm so that you're better prepared to use them when you need to.



Count **slowly** when breathing in and out and **repeat** the technique as many times as you need to until you feel calmer.