



Calm me

Information for parents and carers

Hamish & Milo is a programme which gives children the opportunity to be involved in a range of activities about a particular theme of emotional wellbeing as part of a small group. We are delighted to be able to welcome your child to the group.

In this theme, we are focusing on understanding why we might have worries or anxiety about situations or experiences and how this might affect us.

There will be opportunities for your child to share ways to express and regulate themselves through a range of activities.

Helping your child

We understand having children who are anxious or worried can be worrying for parents and carers, too. Worries are a normal part of growing up and can often be eased by talking or sharing our thoughts and feelings.

As parents and carers, we would like to invite you to talk with your child about their experiences of being in the group. Ask about the activities that they have been involved in - it might spark a conversation!

We understand it can be hard sometimes to notice and recognise how our children are feeling. If we can respond with empathy, this validates how our children are feeling rather than brushing the issue aside or dismissing it as something they don't need to worry about.

Children need to feel heard and to know that the adults around them, who they trust the most, will listen, notice and attune to them with empathy.

As part of this 'Calm me' group, your child will be involved in 10 weekly sessions that will help them to think about, understand and find ways to manage their anxiety.

We would welcome your thoughts too as you know your children best - talk to us in school so that we can work together to best support your child.

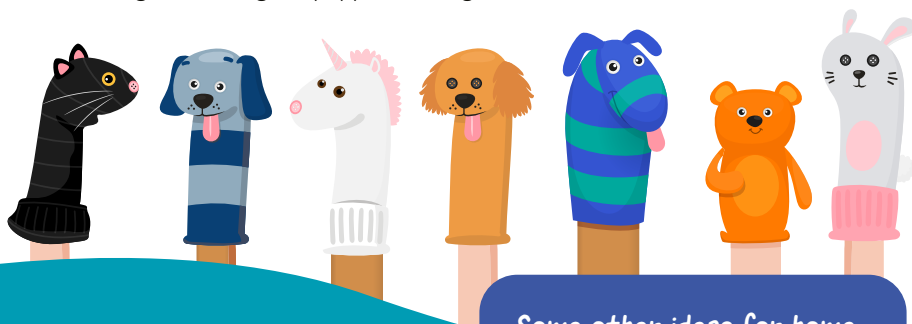
We outline all the activities in this booklet along with ideas of what you might like to do or say to support your child at home.



Sock puppets – an expressive, interactive and hands-on way to engage

For each of the sessions, we use sock puppets to help the children talk about and share their feelings. Your child will make their own sock puppet to use in each session as part of this group.

You may like to make one at home too as a way of helping your child to talk about their feelings or just for fun! Sometimes it's easier for them to tell you what they're thinking about through describing the puppet's feelings or situations.



Some suggestions...

Notice and recognise how your child may be feeling and use language like:

"I can see that..."

"I'm noticing that..."

Listen and validate their feelings:

"I'm listening..."

"Can you tell me about it?"

"I can see why you might be worried."

Respond with empathy:

"I am sorry to hear you are worried, that sounds really difficult."

Help to reassure or think together about what might help:

"When we share our worries, we can feel better."

Some other ideas for home

Have a worry monster or box. They write down their worries to put in the monster or box. It is a symbolic way for children to 'give away' their worry and you become aware of what is worrying them.

Try some relaxation techniques; listen to calming music or try deep breathing exercises.



The children will also receive their own journal to reflect on the sessions as they move through the programme, 'reward' stickers and a certificate!

Here we outline all the programme activities, along with suggestions of what you might like to do or say to support your child at home.

Session and overview	Ways to help
Session 1: When I worry too much A chance to think about what happens to our bodies when we feel worried.	Use words to describe sensations your child may have when they are worried. Recognise where in their body they feel the anxiety.
Session 2: Drawing my worries Drawings that symbolise worries through colours, symbols etc.	Make a drawing together to show what your worries might look like.
Session 3: Challenging my worries Using a scaling technique and self-talk method to challenge worries.	Try the scaling technique from 0-10 for how big the worry is and how likely. Talk together and empower your child to challenge their worries.
Session 4: Inside my brain and body How the brain triggers us and reacts when we are worried.	Encourage your child to talk about what they have learned about how the brain works when they are worried.
Session 5: My worry monster Creation of a worry monster to 'give' our worries to and release them from our own shoulders.	Have a monster or worry jar at home so you can encourage your child to write their worries down and put them in the jar. You could talk to them about how it feels to let go of worries in this way.
Session 6: My safe space Imagine a safe place a child can go to in their mind when they feel worried.	Talk about your child's special place if they want to share it with you. Encourage your child to draw their special place.
Session 7: My tree of support Think about who helps us to feel safe and calm.	Think with your child about who they can go to when they feel anxious. Who are special people that can help them with their worries?
Session 8: Thoughts, feelings, actions Understanding the link between our thoughts, feelings and actions and learning how to break or shift the cycle of worrying.	Talk together about the cycle of thoughts, feelings and actions and try using the technique of challenging a thought to see the shift in feeling and action.
Session 9: Mind, body, balance Create a dance or movement sequence to express worries.	See if your child can perform their dance or show a movement that represents their feelings. Movement is a good way to express our feelings.
Session 10: My treasure box of calm Creating a box of calm with special objects that help us soothe and regulate.	Have a calm box at home, with soothing objects, smooth pebbles, fabric or things that feel nice that can help calm and regulate them.

If you feel worried about your child and their anxiety, talk to someone at school so that you can share ideas.





Sensation & Emotion Cards

These cards are a great way to help children put language to sensations and emotions, to help regulate their feelings and increase self-confidence. Our unique cards consist of 60 different emotions, guidance and 20 activities.



Hamish & Milo Pals

Our Hamish and Milo Pals are precious cuddly friends that help children to feel comforted, cared about and listened to. Perfect to snuggle and they are great fun too.

Find out more at hamishandmilo.org

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