

### Dear 3rd Grade Parents,

Before break, we were able to get into the classrooms for the first time this year and teach our introductory lesson on wellbeing! This lesson serves as the groundwork for the lessons we will teach throughout the year.

Mental Health (the health relating to our brain/thoughts and how we manage them), or mental wellbeing as we call it in the lesson, is super important, but unfortunately seems to be surrounded by a stigma in modern day society. People are often very quick to diminish the very real struggles that people can have with mental health. Even worse, some people will consider others (or themselves) as less if they have these struggles. In reality, we all deal with challenging mental health at times. The brain is the most confusing part of the body that even scientists don't fully understand. So how can we, an average person, except to fully understand and know how to deal with our brain at all times?

You can see the exact lesson we made and taught on the school or Youth services website, but the shortened version is after getting to know the class, we want to see what they already know/think. We did a brainstorming activity to see what prior knowledge they might have. After that we discussed what exactly mental health and self management are, and why they are important to our lives. Finally, we did an art project that artistically encapsulated what we talked about! (Hopefully that made it home for you to see!)

### Continuing the Conversation:

We encourage you to talk with your child about our visit! Just a small moment of asking them what we taught them can go a long way in reinforcing what we taught! It could also be insightful to ask to see their craft and talk about what the different parts of it mean to them! Last but not least, it could be helpful to talk to them about how you personally manage yourself and your mental health. It can be very encouraging for youth to understand that topics like these aren't just isolated to them at their young age, but are relevant for all!

### Resources:

If you're interested in more reading or information relating to mental health, check out the following:

- <https://www.nami.org>
- <https://www.nimh.nih.gov>

If you're interested in counseling services for mental health, check out the following:

- <https://childmind.org/>
- Youth services offers many counseling options, please reach out to the office and we will be happy to assist you!

### Next Month:

Going forward, most of our lessons will fall under the umbrella of mental health and giving them the tools to manage their mental health throughout their lives. We will be talking about coping skills (emotional management). Youth, and people of all ages for that matter, can get caught up in our not-so-positive emotions very easily. How to recognize that and handle it when it happens is a challenge for everyone!

Thank you for reading, and we will see you next month in the new year!

**Next Visit: January 8th 2026**

### Contact us

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