

Sylmar Neighborhood Council, Education Committee Sharing information from "The Child Mind Institute".

School And Community Program Update

When we think of the month of February, we often associate it with Valentine's Day and romantic relationships. However, love can mean so much more: self-care, fostering new and old relationships, and connecting with family and friends. Learning to **manage intense emotions** is a big part of keeping those bonds strong, and a skill we can help teach our kids this month. [The California Healthy Minds, Thriving Kids Project](#) video series can help parents and educators teach kids to handle intense emotions in calm, effective ways. The video features the voices and lived experiences of caregivers, teachers, and kids. We invite you to view the [Managing Intense Emotions](#) video with your children or students, download the free Skill Sheets, and use these resources to spark productive conversations this month.

The California Healthy Minds, Thriving Kids Project

https://childmind.org/healthyminds/?utm_medium=email&utm_source=newsletter&utm_campaign=scp_newsletter_2023-02&utm_content=healthyminds

Managing Intense Emotions

https://childmind.org/healthyminds/managing-intense-emotions-parents-elementary/?utm_medium=email&utm_source=newsletter&utm_campaign=scp_newsletter_2023-02&utm_content=managing-intense-emotions-parents-elementary

VIDEOS FOR PARENTS -

https://childmind.org/healthyminds/parents/?utm_medium=email&utm_source=newsletter&utm_campaign=scp_newsletter_2023-02&utm_content=healthyminds-parents

VIDEOS FOR EDUCATORS -

https://childmind.org/healthyminds/parents/?utm_medium=email&utm_source=newsletter&utm_campaign=scp_newsletter_2023-02&utm_content=healthyminds-parents

VIDEOS FOR STUDENTS -

https://childmind.org/healthyminds/parents/?utm_medium=email&utm_source=newsletter&utm_campaign=scp_newsletter_2023-02&utm_content=healthyminds-parents

Shared information and Credit to "The Child Mind Institute".