

Children's Mental Health Week 2021

BE CREATIVE

- Go for a walk. Collect natural objects to come home and make a collage of your winter day.
- Make a new invention out of something old.
- Write a song about your experience of lockdown.
- Write a poem about winter or lockdown and illustrate it.
- Upcycle a clothing item
- Create a scene depicting a historical event using lego.

BE INDEPENDENT

- Read a book or newspaper and write a review.
- Listen to an audio book – download for free on audible for kids.
- Store cupboard challenge – look at home in the cupboard; can you design a dish to feed a family? Then try making it!
- Practise drawing different objects or people in your home.
- Listen to a podcast.

BE COLLABORATIVE

- Play a board game or have a game of cards with someone in your household.
- Make lunch with/for your family.
- Learn a new skill or craft from a family member.
- Ring someone you haven't spoken to in a while and ask them about how they are feeling and what they've been doing.
- Write a letter to someone special and post it.

BE ASPIRATIONAL

- Pick up the phone and ring someone in your family or a friend and ask them about their career.
- Draw a picture of yourself in 10 years' time the way you want to be seen by others.
- Find a competition you can take part in; aspire to win it!
- Write a letter to someone you admire and post it.
- Listen to a TEDTalk from someone you aspire to be like.

BE REFLECTIVE

- Write a Coronavirus diary/blog about your experience during lockdown.
- Create a mindful space in your bedroom.
- Go for a walk and consider nature, life, the ecosystems.
- Make a list of ten things you are grateful for and pin it to your wall or put them in a jar to remind you each day.
- Spend some time meditating.
- Lay down and listen to your favourite song.

BE RESILIENT

- Make a plan for your day and stick to it.
- Commit to a day of healthy eating. Write up any recipes you find and share them with others.
- Get active and do a workout.
- Have a dance party for 45 minutes.
- Make up a new dance routine to your favourite song.
- Learn a poem by heart and perform it to your family.

Feel Good Friday

On Friday as a whole school we will be having a day off from lessons. We will be taking part in lots of different activities and trying to stay away from zoom as much as possible (Think we all need a break)

A time table of suggested activities will be sent out next week via ClassDojo and email

