

Children's Mental Health Awareness Week

1st-5th February

	Monday	Tuesday	Wednesday	Thursday	Friday
Ways to wellbeing	Connect	Learn New Skills	Be Active	Give to others	Be mindful
Ideas	<p>Zoom assembly with Miss Ryan</p> <p>Write a letter or draw a picture to send to someone you can't see at the moment</p> <p>Play a game with people in your household or bubble</p> <p>Phone a friend or relative.</p> <p>Smile and say hello to people you see out on a walk.</p>	<p>Practise a language that you are learning.</p> <p>Practise a musical instrument.</p> <p>Learn a new song.</p> <p>Set yourself a physical challenge eg. Can you improve the number of star jumps you can do in a minute?</p> <p>Learn to cook a new recipe.</p> <p>Learn some facts about an animal or a place.</p>	<p>Make up a dance.</p> <p>Go for a walk or run.</p> <p>Hula hoop.</p> <p>Trampolining.</p> <p>Take part in a PE challenge- why not try Miss Case's challenge?</p>	<p>Make a thank you card for someone you know or someone you don't who has been helping you or others during lockdown.</p> <p>Sort out old clothes or toys that you could give away.</p> <p>Help with chores around the house.</p> <p>Plan an event to raise money for a charity (that could be done now or when things are back to normal).</p>	<p>Shine Bright, Wear Bright!</p> <p>Spend quiet time drawing, colouring or creating something.</p> <p>Do some yoga or relaxation exercises.</p> <p>Get outside and appreciate the amazing nature around you.</p> <p>Be still and focus on your senses – what can you see, hear, taste, touch, smell?</p> <p>Curl up with a good book.</p>