


















Children's Mental Health Week 7th - 13th February 2022

<u>Talk!</u>	<u>Get thinking!</u>	<u>Create!</u>	<u>Move and Listen!</u>	<u>Write!</u>
<p>Share some happiness! Find a time to turn off all devices and talk. Share the best bits of your day or your favourite memories.</p> 	<p>What things make you feel happy? Sad? Angry? Excited? How do you show these different emotions? Track your emotions by creating: Create a book of faces of how you may be feeling - happy, sad, excited...</p> 	<p>Take your pen or pencil for a walk around the page without taking it off. What shapes can you see? What could your lines represent?</p> 	<p>Put on your favourite music and dance around the room! How does it make you feel? What sort of movements do you enjoy making?</p> 	<p>Start writing a diary to express yourself. A diary is a safe place to keep your thoughts. It's okay to write both positive and negative things in a diary - it's totally up to you.</p>
<p>What's on your mind? Talk about the things that are worrying you or you feel unsure about. It can really help to talk things through.</p> 	<p>How do you let off steam? Think about what you do when you are feeling sad or angry. What helps you to feel better? What other ideas could you try? Remember this advice for when a friend might need it.</p>	<p>Splash some paint in the colours that show your emotions! (Make sure you check with an adult and use an apron/table covering.)</p> 	<p>Sing along to a song you like. What do the lyrics mean to you? How do you feel when you sing them?</p> 	<p>How many emotions? Write down all the emotions you have felt today! Some days, you may feel lots of emotions but other days, maybe just one or two. Choose a different colour to express each one and decorate them.</p>
<p>Talk to someone about what it means to be a good listener. You</p>	<p>A-Z Emotions: How many different emotions can you think of? Can you</p>	<p>Happy Box! Make yourself a box of all the things that make you feel</p>	<p>Happiness Playlist Create a playlist of songs that make you feel good! Share it</p>	<p>The Story of You! Write a story with you as the main character.</p>

Children's Mental Health Week 7th - 13th February 2022

<p>could create a poster with some top tips!</p> 	<p>name an emotion for each letter of the alphabet?</p>	<p>happy and safe. You could use an old shoe box and decorate it. You can look at this when you are feeling scared or worried.</p> 	<p>with friends and family so they can use it too. Which songs have you included and why? How do they make you feel?</p>	<p>You can be anything you want to be - a superhero, a spy, or simply your amazing self! Where will you go? What will you see?</p> 
<p>Talking Mental Health: What does mental health mean to you? Talk to someone at home about what good mental health looks like and what you can do if you have any mental health worries.</p>	 <p>What are your proudest achievements and how did they make you feel? Try to think of a small goal to work towards each day so you can feel that same sense of achievement.</p>	<p>Whilst out on a walk, collect some items along the way that interest you. Take them home to create a piece of natural artwork.</p> 	<p>Be a Dance Teacher! Plan a dance routine to a song you love and try to teach it to someone else</p>	<p>Write a poem to express your feelings. It could be about an experience and how you felt, about a particular emotion or about all the different feelings you have at different times.</p>
	<p>How will you be kind today? Acts of kindness always are always a great idea for our own and others' mental</p>	<p>The Island of You! Design an island all about you, full of your favourite things and favourite</p>	<p>Find something energetic to do for at least 30 minutes. Try to make sure that you increase your heart rate. You could try</p>	<p>Who are you? Draw your thumbprint in as much detail as you can. Write about</p>

Children's Mental Health Week 7th - 13th February 2022

	<p>health. Try to think of at least 5 kind acts to do!</p> 	<p>people. Build a model of your island using whatever you can find - recycling, Lego etc</p> 	<p>running, practising some sporting skills, trampolining or testing your fitness.</p> 	<p>yourself between the lines to express who you are... I am creative, I am a kind... Use your favourite colours!</p> 
	<p>What do you see? Look at yourself in a mirror. What do you see? Study your reflection and think about how you express yourself to others every day. What changes do you notice on your face when you smile or frown?</p> 		<p>Create your own song, rap or tune to show how you are feeling! You can use your voice, an instrument, or even a household object to create interesting sounds to use in your piece of music.</p> 