MENTAL HEALTH WEEK

Children's Mental Health Week is taking place on 1-7 February 2021. This year's theme is Express Yourself. Here are some ideas which you can complete at home. Please send pictures to your class teachers!

Monday

Understanding our emotions.

How does our brain work?

Below is a short clip all about how our brain works and what happens when the thinking part of our brain and the feeling parts of our brain stop communicating (can be found through BBC Teach)

https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-the-brain-house/zd7kd6f

The theme of wellbeing week is express yourself. How do you express yourself? Scan the QR code with any smartphone or QR reader app to watch many different ways you can express yourself.

Your Activity:

Choose a way you can express yourself (could be painting, singing or dancing!) and share a video or image with your teachers.

Tuesday

Let's get moving!

One easy way we can help our well-being is by getting up and moving.

All the staff at Busill Jones like singing and dancing. if we ever feel blue we put on some music and dance!

You may not like dancing, maybe you like: team sports, running, football, Jo Wicks P.E, Cosmic Yoga, walking or bouncing on your trampoline!

Here are some QR codes that you can scan that you can join in with. Don't feel like you have to do them all! Choose your favourite.

Your Activity:

Complete one Physical Activity and send videos/images to your teachers.

Wednesday

Let's get chatting!

Busill Jones are inviting everyone to have a chatty breakfast at home. We could have arranged for a well-being breakfast at school, but this time we are asking for photos of you having chatty breakfast with your family.

Talking is one of the easiest ways we can make ourselves feel better.

This QR code will take you to a story about a little girl who held in all her worries until finally, she told someone and it made her feel so much better.

Your activity:

Perhaps you could video call a relative or friend and ask them how they are feeling. The key here is to really listen to how they are feeling, what might be a small worry to one person, could be really big to them.

Thursday

Let's get crafting!

Sometimes arts, crafts and writing can make us feel better.

You could choose:

1. Mindful colouring
2. Painting
3. Writing a story which is completely yours (nobody will mark it!)
4. Making something out of lego
5. Building some junk modelling
6. Reading a book

If you don't know what to paint, maybe you could put in some music and paint how you feel. There is *no right or wrong*.

Here are some links for some relaxing music.

You could even take part in some mindfullness mediation. Here's our favourite that we use in class:

Friday

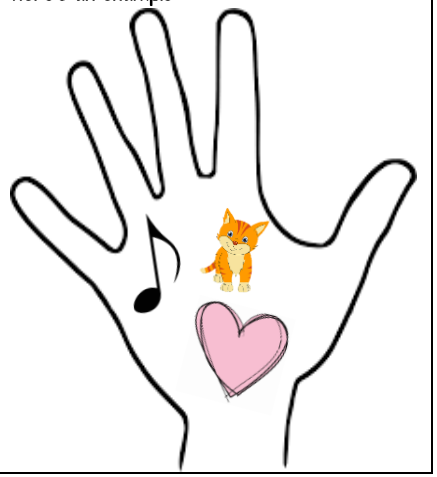
Hands up, sprouts!

We want us to feel connected even when we are in our own houses.

Drawing around your hand, design a hand print which has everything that makes you unique in it.

I would put in musical notes, because I love singing Pink hearts because I love the colour pink! My cat, Whiskers. You choose, but take your time as these will be used in the PSHE floor books for our school to enjoy.

Here's an example:



Keep smiling!