

# Mental Health Week – 6.2.23. to 10.2.23.

**Theme:**  
**Be kind and connect.**

**Mrs Evans and Mrs Albery to begin week with an assembly. PPT will be on server to show children. Mrs Albery will introduce week and Mrs Evans will talk about how we can be kind and connect to nature.**

**Expectations: One afternoon during the week of 6.2.22. Teachers to complete at least one activity of your choice Evidence through photographs/video's/ pictures etc. to KA or please place on the server 2022/2023 Wellbeing file. Thank you.**

**KA has a further master file of twinkl activities if you require further ideas.**

**Connecting with the local community with an act of kindness. (Refuge) Mrs Smith has been asked to make some small tote bags and these could be filled with coffee, tea or biscuits/sweets or toys and the school council will officially hand over the items to the charity.**

**(Dancing/Music).**  
**GoNoodle – Learn. Supporting physical health and wellbeing.**

<https://www.youtube.com/watch?v=KhfkYzUwYFk>

Dancing: Zumba  
Country dancing  
Line dancing  
Street dance  
Bollywood dancing

**(PE).**  
**Supporting children's physical health/wellbeing and promoting positivity.** -Complete the **daily mile** every day.

- Team games.
- Cricket.
- Ball games, Tennis or table tennis.
- Parachute.
- Hockey.

**(PSHE).**  
Try to establish what the word kindness means to the children in your class.  
Look at the power point on the server. One for EYFS.  
How can children demonstrate kindness throughout this week in School and at home.  
Look at second power point with ideas to promote this.  
Teacher to explain that they will be rewarding acts of kindness this week with certificates on server.

### Random Acts of Kindness

Congratulations to \_\_\_\_\_

for \_\_\_\_\_



**(Mindfulness and Meditation).**  
Supporting Mental Health and Emotional Wellbeing.  
**Yoga/Meditation/Breathing exercises. Yoga (Cosmic Kids).**

<https://www.youtube.com/watch?v=U9Q6FKF12Qs>

Mindfulness Meditation for children.

[https://www.youtube.com/watch?v=VZ\\_wdeog5Ek](https://www.youtube.com/watch?v=VZ_wdeog5Ek)

Rainbow breathing exercises (Go Noodle).

<https://www.youtube.com/watch?v=O29e4rRMv4>

**(Art and Science).**  
An act of kindness and connection. Decorate plant pots (collage, paint or use felt tips and glaze).

Fill pot with soil and add a bulb. Children to give to a friend or relative.



**(English – Reading).** KA has ordered these books.



Children to read with younger peers across the school.

**(English – Writing).**  
Make a class kindness book. Include lots of photographs and children to write captions about them. Power points on server under wellbeing.

Teacher to make copies of letters, cards or postcards children have made to their friends or family and place in this book.

**Sharing/taking turns, kindness and connecting together.**

Children to bring in a toy of their choice from home and share these with their friends. Alternatively, when not play a board game, play kindness bingo. Play cards or dominoes.

**Outdoor learning activities and connecting with nature.**

Draw, photograph, paint, write, read, sing outdoors. Let nature inspire you!

