

Mental Health Week

6th February to 10th February 2023.

Lets Connect

This year's theme for Children's Mental Health Week will encourage children (and adults) to look at how we can make meaningful connections.



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

https://www.childrensmentalhealthweek.org.uk/?utm_source=Place2Be+E-news&utm_campaign=ee8763f705-EMAIL_CAMPAIGN_2023_01_19_04_28&utm_medium=email&utm_term=0_acf77df294-edf0337dd3-%5BLIST_EMAIL_ID%5D

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.

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

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!



TREAT
PEOPLE
WITH
KINDNESS



Acts of Kindness.

Teacher to reward children with certificates.



Random Acts of Kindness

Congratulations to _____

for _____



Well Done!

Date _____

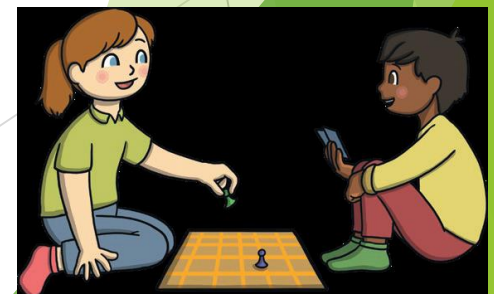
Signed _____





Acts of Kindness.

Leave a positive message for someone to find.	Give kind comments to as many people as possible today.	Do something helpful for a friend or family member.	See how many different people you can smile at today.
Let someone know how much you appreciate him or her.	Turn off digital devices and really listen to friends or family members who are feeling sad.	Be kind to the planet. Use less energy.	Get outside. Pick up litter or do something kind for nature.
Treat everyone with kindness today. Including yourself!	Appreciate kindness and thank people who do things for you.	Congratulate someone for an achievement that may go unnoticed.	Help others by giving up some of your time or give your recycled clothes to charity.
Listen wholeheartedly to others without judging them.	Choose to give or receive the gift of forgiveness.	Invite someone to come and play with you.	Bring joy to others and share something, which made you laugh!
Make an individual gratitude tree (twinkl). Alternatively make this a whole class project.	Make a gratitude journal.	Play kindness bingo with your friends.	Sit next to someone new at lunchtime.
Draw or paint a picture for someone you care about.	Hold the door open.	Tidy the cloakroom area.	Cheer up a friend who is sad or upset.



Connecting with nature



Connecting with nature
is good for our
wellbeing and positive
mental health.





<https://www.google.co.uk/search?q=what+a+wonderful+world+song+with+pictures&safe=active&ssui=on#fpstate=ive&vld=cid:975e575a,vid:N420Kg9B4n8>

What a wonderful world.

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the frame, creating a modern, layered effect. The central area is a plain white space where the text is placed.

How can we connect
with nature ?

Find a green space !

A park, garden, river, canal. Moors, woodlands are all outdoor spaces where we can explore .

Being outdoors improves our mood and reduces stress levels.

Even opening a window or letting daylight into a room can help us feel better!





Be mindful!

Working our way through our senses in the outdoors.

Sit and stop!

Being 'in the moment'



Interact with wildlife!

Watch, listen , engage with creatures great and small!



Be Creative!

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



Be practical!

Gardening and planting are good for wellbeing. When you touch soil there is a bacteria which helps to release a hormone called serotonin 'the happy hormone'.

Planting and growing our own food is also great for the environment! Reducing food miles, eating seasonally and healthily and knowing where our food comes from.