



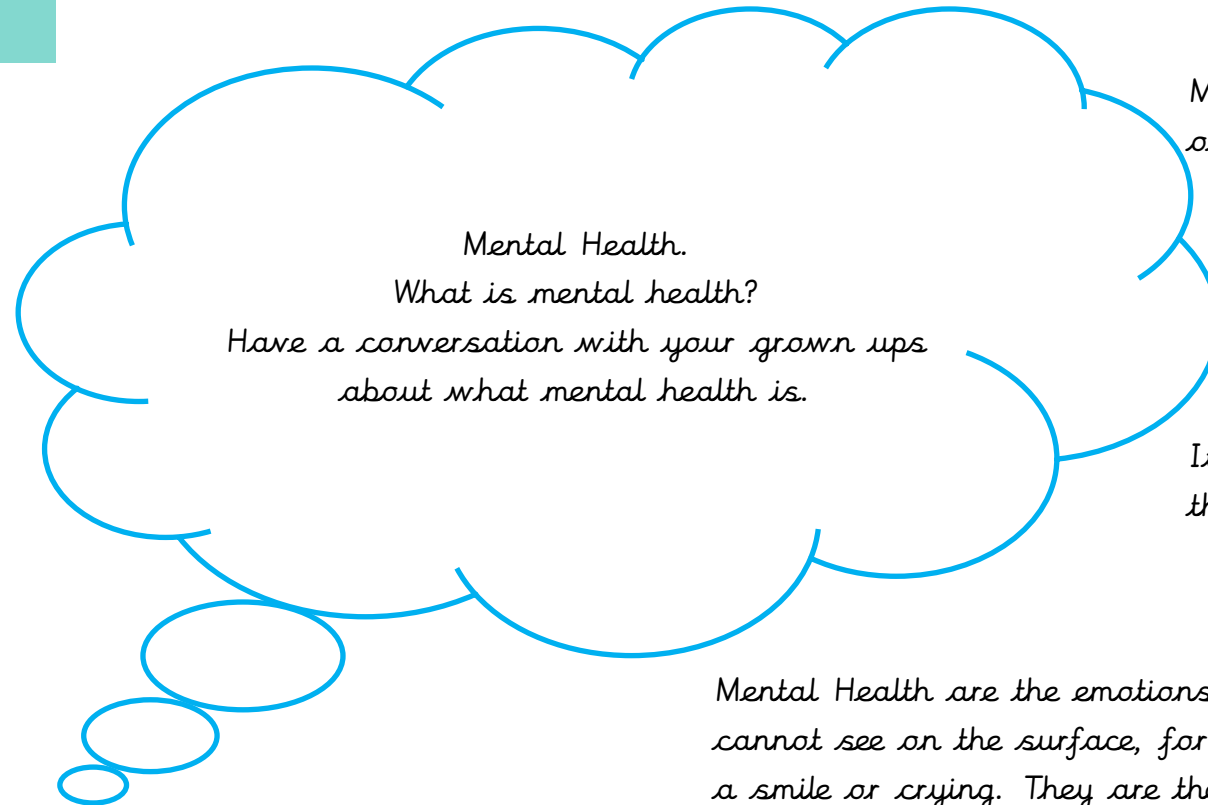
We can promote, build and boost our mental health in lots of positive ways.

Mental Health Week

Assembly Available <https://www.childrensmentalhealthweek.org.uk/assembly>

Sent through school partnership.

It can effect and support how we react to ourselves and others.



Mental health involves our emotional well-being.

It can involve how we think, feel and act.

Mental Health are the emotions that we cannot see on the surface, for example a smile or crying. They are the emotions on the inside, the thoughts and the feelings we might have.

It's important to talk to people you trust about your mental health.

Mental Health Awareness Week

February 1st—5th

MONDAY Step 1: Connect

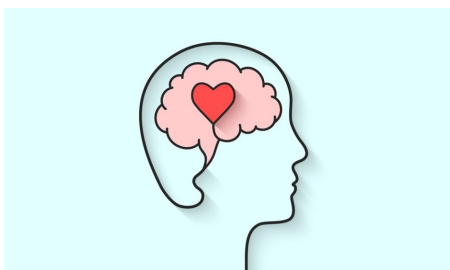
This week is Mental Health Awareness Week.

We would like our children and their families to think about a 'HAPPY HEALTHY AND ACTIVE' lifestyle to promote and build their mental health and wellbeing this week (and in the future too).

This week we will be following the 5 Ways to Wellbeing. It follows the following steps:

1. Connect
2. Be Active
3. Take Notice
4. Have Motivation
5. Give

Alongside this we will focussing on being mindful for at least 60 seconds of the day.



Today we are going to be thinking about connecting with what is around us, this could be people, places, objects etc.

How about trying to connect with people in the following ways:

- smiling at someone else.
 - talking
 - listening when someone else is talking
 - playing
 - sharing
 - find out something new, research something new, ask someone something you've always wanted to know about them, look at old photographs and ask who people are
- By doing these things you are connecting with others on a personal level, you are showing them that you care and that you want to listen.

Activities.

Here are some activities to have a go at with your families.

Activity 1:

Watch the video of all the adults in school, they are all smiling in the video.

They are smiling because they are happy, or because they are with their families or in their happy places.

Upload a photo to Tapestry of you smiling for your teachers and adults to see.

Activity 2:

Find out something new about a member of your family. Ask them to tell you something about when they were little, or what their favourite season is and why. Perhaps what their favourite colour is etc.



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60 Seconds of Mindfulness.



Read the poem *Smiling* by 'Spike Milligan' attached.
Close your eyes whilst someone reads it to you.
How does it make you feel?



Smiling Is Infectious
by Spike Milligan

Smiling is infectious,
you catch it like the flu,
When someone smiled at me today,
I started smiling too.

I passed around the corner
and someone saw my grin.
When he smiled I realised
I'd passed it on to him.

I thought about that smile,
then I realised its worth.
A single smile, just like mine
could travel round the earth.

So, if you feel a smile begin,
don't leave it undetected.
Let's start an epidemic quick,
and get the world infected!