

Mental Health Awareness Week

February 1st—5th

FRIDAY Step 5: Giving

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 giving to others.
- When we give to others it not only makes them feel happy and loved but it can always make us feel good because we have done something for someone else.
- Think about some of these things.
- You could give:
 - A Smile
 - A hug
 - You could share
 - You could give someone your time
 - Your friendship
 - Your gratitude
 - Your kindness
 - A compliment
 - A thank you

Activities.

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

Activity 1:

THANK YOU

Think about someone in your house that has done something for you today. Say thank you to that person. Could you show them that you are thankful by writing a thank you card, drawing a picture, helping, giving them a cuddle.



60 Seconds of Mindfulness.

Sit and listen to some calming music.



Or take part in some calming yoga.

Think about how the sounds or movements make your body feel.

Activity 2:

PAPERCHAIN OF KINDNESS

Using strips of paper write or draw different things on each piece that you are grateful for, it could be people, objects or places. Bind them all together and display proudly in your home.



It is important to know that our mental health is with us all the time. Just because we have been thinking about it more this week does not mean we shouldn't think about it tomorrow, next week, next month, in a year or even in 10 years.

You should look after your mental health and wellbeing as much as you would look after your physical body. If you fall and cut your knee you would tell a grown up and they would help you, the same rule applies with your mental health.

Not only should you talk to your friends, family and people you trust when you think your mental wellbeing is suffering (for example when you're sad and lonely) but you should also talk tell people when you have positive mental health (for example when you're happy and excited). Sharing these thoughts and feelings will allow you to connect with others.

You should know that your mental health is natural and you should talk openly about it.