

Mental Health Awareness Week

February 1st—5th

THURSDAY Step 4: Have Motivation

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 having motivation to try new things. When we have motivation we are determined to complete something. We complete it to the highest standard and our best ability. This makes us feel proud.

Have a go at some of these things:

- Learn to do something new, for example play a musical instrument, learn a new game, learn a word from a new language, learn how to plant a seed, or cook something new with your family.
- Challenge yourself to do something out of your comfort zone, this will build your courage.
- Take on a new responsibility, can you help around the house? Could you sort the washing piles, do the washing up?

Activities.

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

Activity 1:

RESPONSIBILITY.

Ask your family to give you a job for the day. This is purely to be helpful, not for money, not for credit. Could you wash a car? Sort the laundry piles into different colours? Help prepare dinner?



60 Seconds of Mindfulness.

MINDFULNESS

5-4-3-2-1



5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

Activity 2:

GOALS

Think about something that you've always wanted to better yourself at. Is it riding a bike? Catching a ball? Give yourself 5-10 minutes today to practise this and just go for it!