

Mental Health Awareness Week

February 1st—5th

TUESDAY Step 2: Be Active

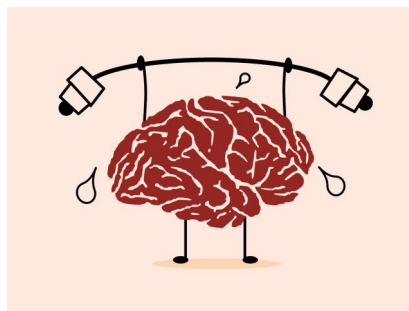
This week is Mental Health Awareness Week.

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 being active. This not only develops our physical strength but also our mental strength. This encourages our motivation and our determination. Whilst being active we are building up our mental fitness.

Have a go at taking part in some of these activities today to boost your mental and physical strength:

- go for a walk
- go for a run
- Play physical games (football, catch, bat and ball)
- go for a bike ride
- Have a dance party in the kitchen or living room
- Think about what a healthy diet is, document eating your 5-a-day today.

Activities.

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

Activity 1:

Name Game

One at a time, around a circle with your family, say your name and an action/verb to describe your name that is active. E.g. bouncing Ben. Perform your action and then invite your family to say your name and do the action. Repeat for other members of the family.



60 Seconds of Mindfulness.

Think of 3 things you are grateful for.

Discuss with your grown ups what the word grateful means.

You could be grateful for sunshine, for food, for family. What are you grateful for?

Activity 2:



Go for a 5-a-day hunt, what healthy things to eat and drink can you spot around your home. Draw them on a piece of paper like a shopping list. How many will you try today?