

Mental Health Awareness Week

February 1st—5th

WEDNESDAY Step 3: Take Notice

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 taking notice of what is around us. Have a think about some of these activities:
- Be curious—find something new, discover something inside your home or in the garden, research something new.
- Notice what around you is beautiful
- Notice what makes your heart beat with excitement
- Notice changes happening around you, did a bird fly past? Did a leaf fall? Did a new flower begin to grow? What is the weather like?
- Enjoy the moment—what is making you feel happy during this moment?
- How do you feel? Can you explain why?
- What are you grateful for?

Activities.

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

Activity 1:

Gratitude Scavenger Hunt

- Find something that is your favourite colour.
- Name something you are good at.
- Name something you are proud of.
- Find something that smells good.
- Find something that you love.

Activity 2:

Thank You

Name three things in nature that you are grateful for, as you say these things, say thank you to them.

E.g. Thank you trees, thank you birds, thank you flowers.



60 Seconds of Mindfulness.

Create a Glitter Jar

- Find a plastic jar or bottle and decorate it however you would like.
- Fill the bottle 3/4 of the way full with water.
- Next, add clear glue, food colouring (optional) and glitter.
- Place the lid on and seal tightly
- Shake!
- Enjoy all the different movements and patterns the glitter makes.

