

P.S.H.E. Wellbeing

Good Morning everyone, as always we hope you are keeping safe and well. With that in mind this week is Mental Health Awareness week and so today that is what we want you spend some time on.

Taking care of your mind is just as important as taking care of your body!

At school we are good at doing that and we would like you to choose from some of the activities below that we might do at school, alongside a few new ideas.

Parents it's important for us all as families to be **kind**, to ourselves particularly!!! So I have included some extra links that might be of some use.

Enjoy the sunshine, be kind and be happy!!!

Yoga <https://www.youtube.com/watch?v=U9Q6FKF12Qs>

A Trolls themed session

Guided Meditation <https://www.youtube.com/watch?v=aX9PUQcdQ2U>

The Magic Shell (worry and anxiety)

Calming Breaths <https://www.youtube.com/watch?v=O29e4rRMrV4>

<https://www.youtube.com/watch?v=2PcCmxEW5WA>

https://www.youtube.com/watch?v=cyvuaL_2avY

Body Scan <https://www.youtube.com/watch?v=u3Jmy74UKcs>

Activities See attachments below

Further resources

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

<https://www.nhs.uk/oneyou/every-mind-matters/looking-after-children-and-young-people-during-coronavirus-covid-19-outbreak/>

<https://youngminds.org.uk/>

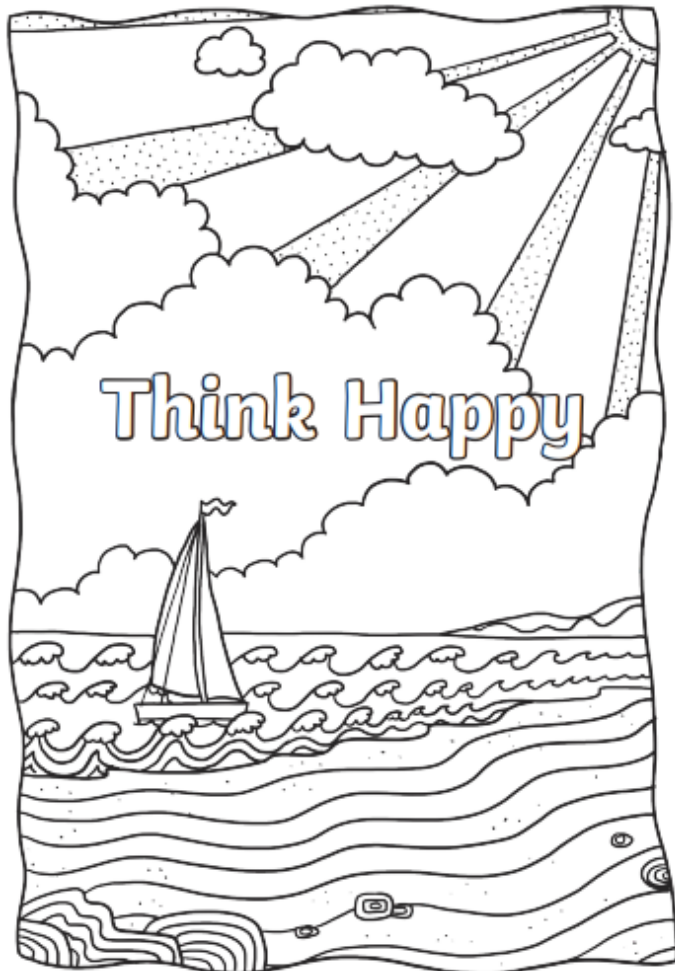
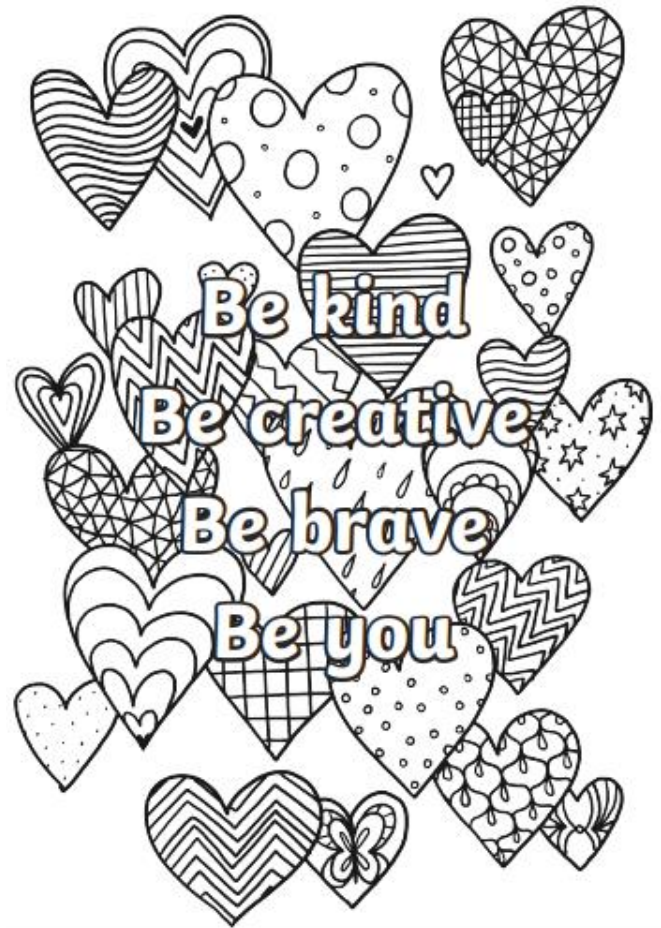
<https://www.place2be.org.uk/>

<https://www.mind.org.uk/>

Words of Kindness

a i g g h c q w b b m n
s m y e j a w e h v e m
d p p n k r a w e c n k
f a p e l i r r l z t i
k c a r e n m t p x a n
i t h o u g h t f u l d
n a s u d v e y u c h n
d c d s s n a u l p e e
t c e p s e r i o a s
x b s n o i t o m e l s
h w e l l b e i n g t b
d f r i e n d l y x h a

care	generous	kind	thoughtful
caring	happy	kindness	warm-hearted
emotions	helpful	mental health	wellbeing
friendly	impact	respect	



We're All In This



Together

My Worry Monster

If you sometimes worry about things like Milton, you may like to make your own worry monster.

Worry monsters are great because they read your worries and munch them up so you no longer need to worry about them!

Follow the instructions below, write down your worry on a piece of paper and put it in your worry monster.

You will need:

- A disposable drinking cup
- Coloured paper/felt
- Pipe cleaners
- Googly eyes
- Pom-poms
- Sticky tape
- Scissors
- Glue



Instructions

1. Take your drinking cup and cut some coloured paper or felt to fit around the outside of the cup. Use the glue to stick this down.
2. Stick googly eyes (or draw your own!) onto the front of the cup. It can look as crazy as you like!
3. You may wish to add pipe cleaner antennae, a monster mouth, a pom-pom nose or anything else you want.
4. Write any worries that you have on a piece of paper and feed it to your monster! If you want to, you could talk to a friend or a member of your family about the worry that you fed to your monster.

Let's Feel Better

Sometimes you will feel sad, angry, confused, hurt or upset.

It can be very hard when you feel like this. These feelings can make you feel very tired and fed up.

It is important to try and give yourself a break from these feelings by doing something. For example; you may be feeling very sad because someone you love has passed away. You may feel sad all the time, however it is ok to have a break from feeling sad. You may find that you feel happy when you play with your friends.

Below are a number of flashcards with ideas to help you feel better when you need to. Ask an adult to make a hole in each card. Then, tie them together using some string so you can make your own little book to keep with you wherever you go.

You may feel like you need a break from the difficult feelings but don't know how to do it. This is the perfect time to use your little book. It is small so you can pop it into your pocket or bag.

Watch your favourite TV programme.

Do something creative – paint, bake, draw or write.

Sing and dance along to your favourite songs.

Think of something that makes you and others laugh.

Eat something nice or something you haven't tried before.

Drink a cold glass of water or milk.

These are all ideas you can try, however you might have some ideas of your own that you know work.

Can you write a title like the ones above and then draw a picture to explain it?

Mindfulness Challenge Cards



Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



Ring a bell or make a lasting noise with another instrument or method.

Listen very carefully to the fading sound until you are sure you can no longer hear it.



Ask someone to drop a feather and watch it very closely as it floats to the ground.

Listen carefully to a piece of music and draw a line on a piece of paper which matches the feeling created by the music.



Close your eyes and ask a partner to pass you an object that you can hold in your hands.

Touch and turn the object, describing each aspect in detail to your partner and then swap places.



Find something with a strong and pleasant scent e.g. lavender or orange peel and place it close to your nose.

Try to concentrate just on the smell for a whole minute.



Try hot writing – choose a short period of time such as one minute and try to keep your pen or pencil moving for the entire time.

