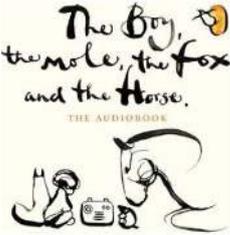
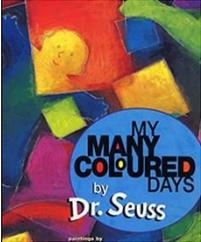
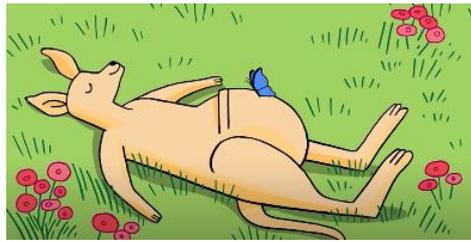


Ideas for Children's Mental Health Week February 1st -7th 2021

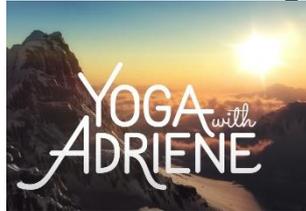
Key Stage 2

Monday	<p>Express yourself in what you wear - choose clothes, hats, hair styles, colours to express how you feel today! Can you share a photo on your Seesaw page?</p> 
Tuesday	<p>Listen to a story about feelings – for example:</p>  <p>https://www.youtube.com/watch?v=t9pE08uaIFo</p>  <p>or https://www.youtube.com/watch?v=-gZeUiu7nDg</p> <p>Can you do a painting, a drawing and use colours and shapes to show how you feel today? Or use movement, dance, song or music to show how you feel? If you wish you could upload a film or photo to share your ideas.</p>
Wednesday	<p>Try some yoga, meditation or breathing to help you find some calm. Here are some ideas to try: Calming ideas and breathing</p>



<https://www.youtube.com/watch?v=iEEJT9cYsm0>

5 minute morning yoga



<https://www.youtube.com/watch?v=4C-gxOE0j7s>

Breathe like a bear



<https://www.youtube.com/watch?v=9p2c6J9exv0>

Thursday

Get outside and see what you can see or make in winter!

How about a frozen stained glass window?



Lots of other ideas in this link:

<https://thimbleandtwig.com/outdoor-winter-nature-activities-for-kids/>

Friday

Be who you want to be!

Draw around your hand –and in in each finger and your thumb. write or draw words and images that say something about what makes you, you –think about: how you look (hair,

face, skin and eye colour) what you like to do, family and where you live.
In the centre of your hand – draw something about future you – your hopes and wishes.
Add some colour!
Finish the week with a sing along!

Either



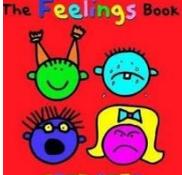
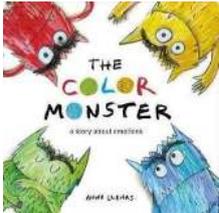
<https://www.youtube.com/watch?v=qK5KhQG06xU>

Or



<https://www.youtube.com/watch?v=MOWDb2TBYDg>

Key Stage 1 and EYFS

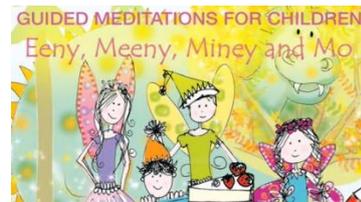
Monday	<p>Dress to Express! Express yourself in what you wear -choose clothes, hats, hair styles, colours to express how you feel today! Can you share a photo on your Seesaw page?</p> 
Tuesday	<p>Listen to a story about feelings – for example:</p>  <p>The feelings book by Todd Parr</p> <p>https://www.youtube.com/watch?v=W6wIEp-or</p> <p>or</p> <p>The Colour Monster by Anna Llenas</p>  <p>https://www.youtube.com/watch?v=W6wIEp-M4tg</p> <p>Can you do a painting or a drawing and use colours and shapes to show how you feel today?</p>

Wednesday



Let's join in and sing and clap with this yoga activity!

<https://www.youtube.com/watch?v=nCNS-Lpubaw>



Or try some more calming meditation and visit the enchanted forest!

Thursday

**Why not go outside and explore winter and see what you can see and find!
Here are some ideas!
Here is a frozen suncatcher!**



<https://thimbleandtwig.com/outdoor-winter-nature-activities-for-kids/>

Friday

Be who you want to be!

Draw around your hand –and in in each finger and your thumb. write or draw a words or a picture that say something about what makes you, you –think about: how you look (hair , face, skin and eye colour) what you like to do, family and where you live.

Add some colour!

Finish the week with a sing and dance along!

Either



<https://www.youtube.com/watch?v=qK5KhQG06xU>

Or



<https://www.youtube.com/watch?v=MOWDb2TBYDg>