



# St Barnabas

Friday 5th February 2021

Church of England Primary Academy

A member of **C**DARI



# EXPRESS YOURSELF

#ChildrensMentalHealthWeek

**DRESS TO**

**EXPRESS**

**THIS CHILDREN'S  
MENTAL HEALTH WEEK**



Captain Sir  
Tom Moore

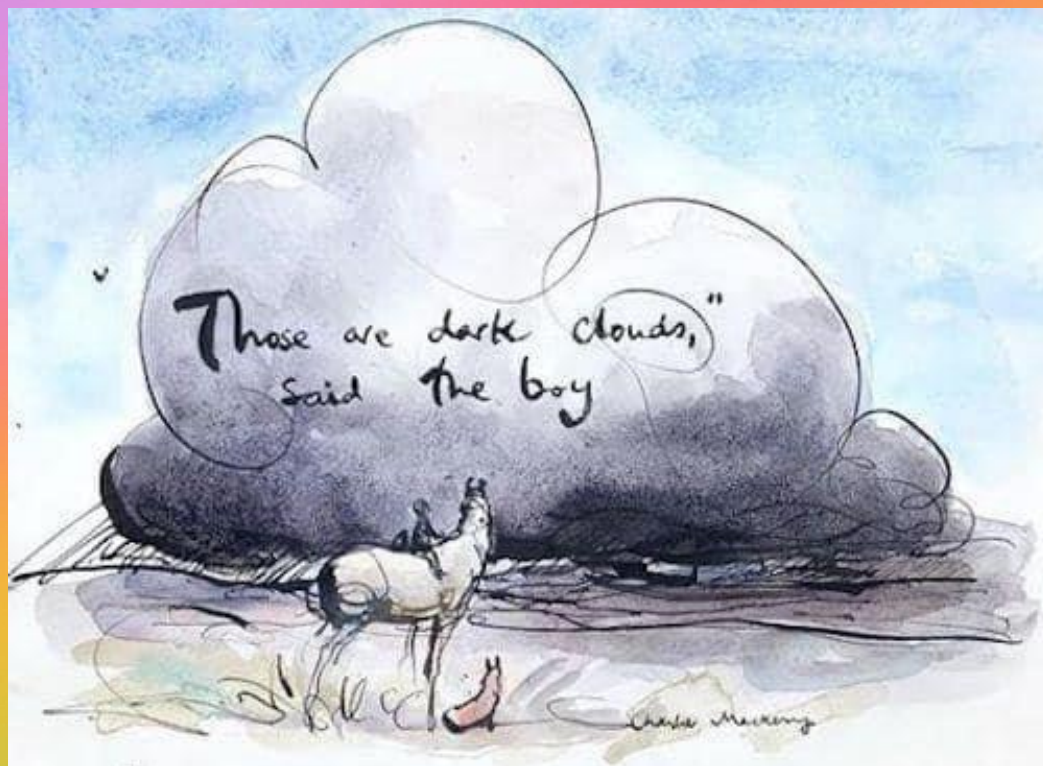


Thank you.



"For all those finding it difficult:  
the sun will shine on you again  
and the clouds will go away"

THE HAPPY NEWS  
BY EMILY GUNDEL



"Yes, but they will move on,"  
said the horse, "the blue  
sky above never leaves."

" Sometimes your mind plays  
tricks on you. It can tell you  
you're no good, that it's all  
hopeless. But remember this;  
You are  
loved,



and important, and you bring  
to this world things no one  
else can. So hold on "



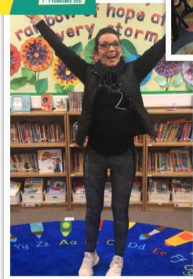
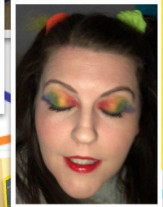
"Have you met others  
who have struggled?"

"I've never met anyone who  
hasn't," said the horse.

"The truth is," said  
the horse



"that no matter how it looks,  
everyone has their struggles."



PIC·COLLAGE



PIC • COLLAGE

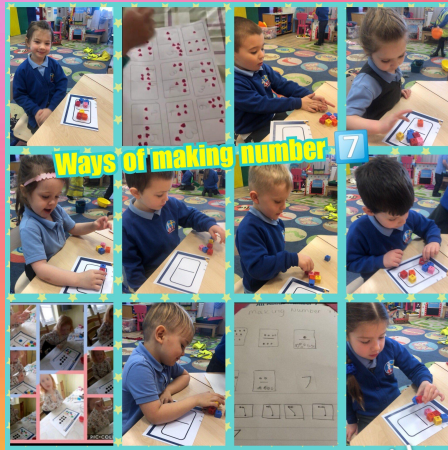
### KS2 'Dress to Express' Well-being Wednesday

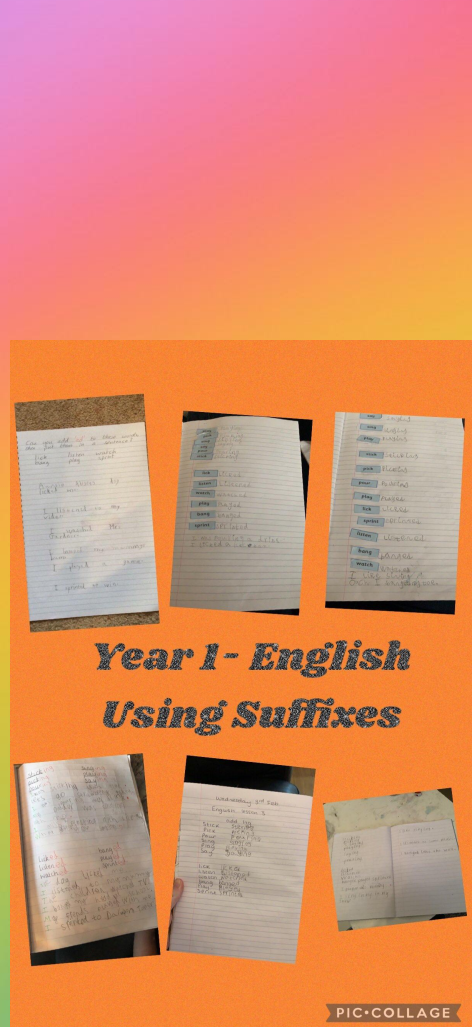
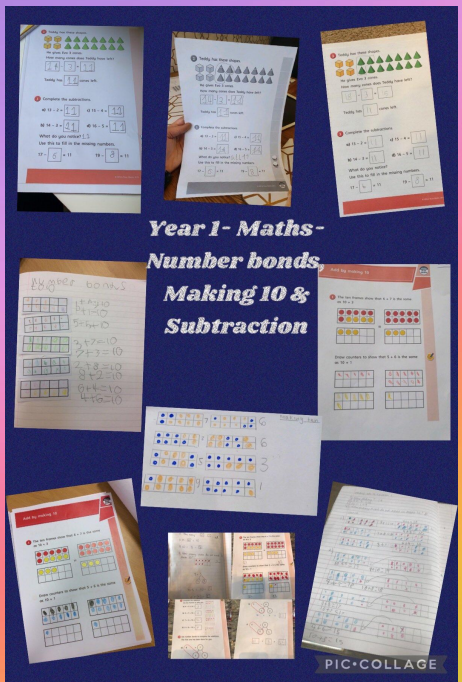


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# Reception





Year 1

# YEAR 2 NEWSPAPER REPORTS

Use the boxes to label the following layout of the newspaper report below.

A headline, picture, facts about the main event, an introduction that answers who, what, where, when and why, captions and a newspaper name.

newspaper name

**TWINKL TIMES**

Headline: **FIRST MAN ON THE MOON** Picture

Introduction

Information

fact

My Headline: *Landing of Apollo 11*

The SW: *Why? Neil Armstrong on the moon*

What? *First astronaut on the moon*

Where? *Landing on the Moon*

When? *July 20, 1969*

Why? *Apollo 11 research*

Picture:

Introduction

Key facts:

Key facts:

My Headline: **First human to walk on the Moon**

The SW: **Why? Neil Armstrong**

What? **First astronaut on the Moon**

Where? **Landing on the Moon**

When? **July 20, 1969**

Why? **Apollo 11 research**

Picture:

Introduction

Key facts:

Key facts:

My Headline: **The first landing with Neil Armstrong**

The SW: **Why? Neil Armstrong's buzz**

What? **First astronaut on the moon**

Where? **Landing on the Moon**

When? **July 20, 1969**

Why? **USA**

Picture:

Introduction

Key facts:

Key facts:



newspaper name

**TWINKL TIMES**

Headline: **FIRST MAN ON THE MOON** Picture

Introduction

Information

fact



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Place 2 Be's

**CHILDREN'S MENTAL HEALTH WEEK**

1-7 FEBRUARY 2021



Express Yourself

E xcited

X mas presents

P laying football

R eading

E motional

S ad sometimes

S ing to make me happy

Yummy sweets

U ur family

U sing my imagination

R ough in the garden

E ating sweets

L ose

F riendship

DRESS TO EXPRESS

THIS CHILDREN'S MENTAL HEALTH WEEK



Express Yourself Mindful Colouring



Express Yourself

1 2 3 4 5 6 7 8 9 10

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1 2 3 4 5 6 7 8 9 10

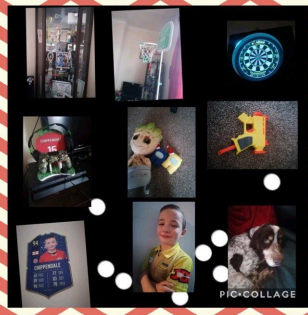
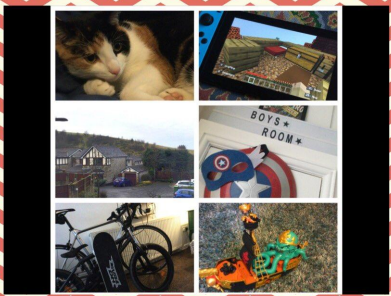
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



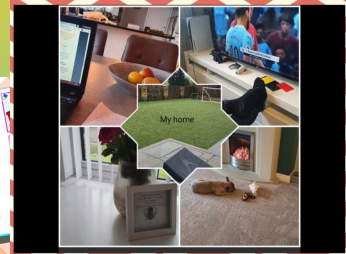
PIC-COLLAGE



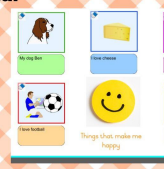
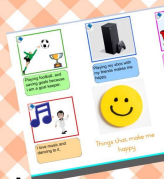
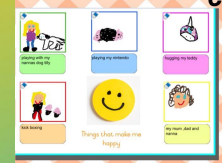
**Year 3  
Lockdown collages**



**Year 3 Lockdown collages**



**Children's mental health week**



**WHAT MAKES YEAR 3 HAPPY?**



**Year 3**





# Year 6



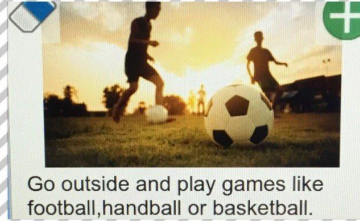
**Express yourself**



PIC•COLLAGE



**Pets-**  
You can even hug pets, too! Having an animal to spend time with is a great way to relax and unwind.

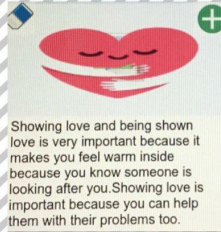


Go outside and play games like football, handball or basketball.

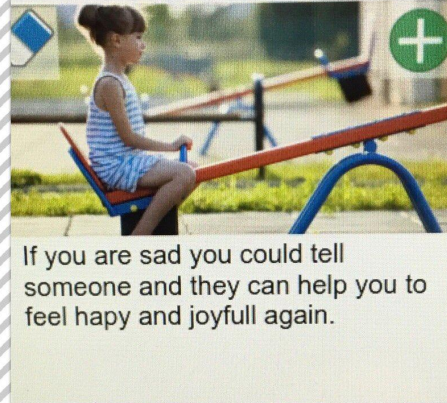


do some arts and crafts and be creative

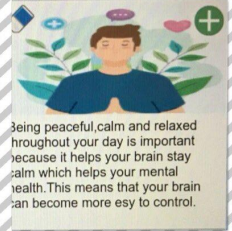
## Six steps to good mental health



Showing love and being shown love is very important because it makes you feel warm inside because you know someone is looking after you. Showing love is important because you can help them with their problems too.



If you are sad you could tell someone and they can help you to feel happy and joyful again.



Being peaceful, calm and relaxed throughout your day is important because it helps your brain stay calm which helps your mental health. This means that your brain can become more easy to control.

## How do you stay in good mental health?



you could make your mental health better by having less screen time



family time



EATING HEALTHY FOOD



step 1. get good rest so you can get ready for the new day

PIC•COLLAGE



Let your light shine  
for ALL the world to see!





A vibrant sunset over a calm ocean. The sun is a bright, glowing orb on the horizon, casting a golden light across the sky and water. The sky is filled with soft, wispy clouds in shades of orange, yellow, and light blue. The ocean's surface is dark with gentle waves, reflecting the light from the sun. The overall mood is peaceful and serene.

**Lord in Your Mercy,  
hear our Prayers**

[New Wesleyan.org](http://NewWesleyan.org)

**KNOW ME  
LOVE ME  
FILL ME  
SEND ME**