

Children's Mental Health Week

We celebrated Children's Mental Health Week by learning about the Five Ways To Well-Being. We looked at a different way each day and tried activities and techniques to help us build up a tool kit of methods to help us cope in everyday situations.

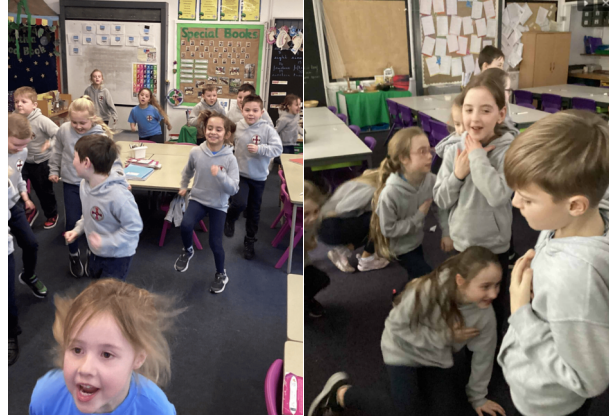
Day 1 - Connect

We discussed the importance of connecting with others and the difference between being alone and being lonely. The children made a human chain to show how we are connected together in a community. We connected strips of paper to make a paper chain. We wrote a word on the strip to show friendship and we chose someone to give it to.



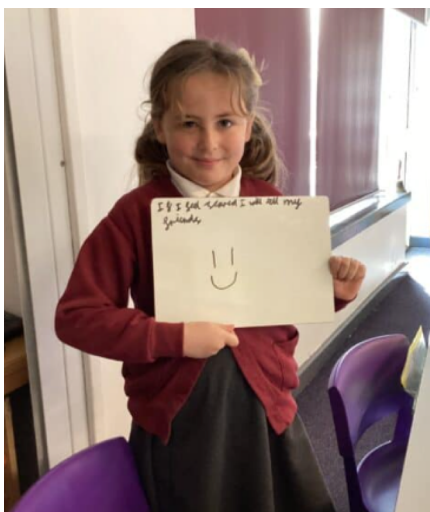
Day 2 - Be Active

Today we were talking about the importance of being active for our physical health and our mental health. We felt our hearts beating before running around and then again after. We could feel our hearts beating much faster after. To help to restore our normal heart rate, we practised some deep breathing techniques.



Day 3 - Keep Learning

Today's focus was to keep learning. It was Safer Internet Day yesterday and the children enjoyed a whole school assembly and discussed the positive and negative things about using the internet. Today, the children were learning about online influences and what they can do to keep themselves safe online. They took part in an activity to help them identify who their trusted adults are. As tech changes and develops so often, it is important to "keep learning" about those safety features.



Day 4 - Take Notice

Today, the children have been taking notice of the world around them. We have been focusing our minds on nature, sounds and smells. We have also been taking notice of how our friends chose to express themselves by wearing what they wanted. Some children even braved the snow showers to go outdoors and look at the nature that is in our school grounds. They focused on the trees, the sky, the birds and the grass. When they came back inside, they chose to draw what they had taken notice of.



Day 5 - Give

Children were learning about the final way to well-being today; giving. We talked about the different ways we can give something to someone. We can give to charity, give to a food bank or give our time as a volunteer to help others. The children also came up with some simple ways that they could give to others such as; giving someone a smile, giving up their time to spend with a loved one or giving someone a hug. Giving someone a smile can be the difference in someone having a good day or a bad day and we can all do it so easily.

Making someone else happy by giving them something can also make us feel happy too.

Our task as to decorate a ticket for anyone they chose and then give it to that person and tell them why they chose them.



The feedback from the children was excellent. They all enjoyed taking part in the activities and learning ways to improve their well-being and promote positive mental health.