



Year 4 Mental Health Week



MONDAY

9am- Assembly

9.30am- Self-belief activity (shard on Teams and Dojo)

11.00- Choose a screen free activity or bird watching (list on Teams and Dojo)

1.30pm- Choose a screen free activity or bird watching (list on Teams and Dojo)



TUESDAY

10am- Mindfulness colouring/ doodling

1.30pm- PE

Then... Choose a screen free activity (list on Teams and Dojo)



WEDNESDAY

10am- Mindfulness colouring/ doodling

2.30pm- Choose a screen free activity (list on Teams and Dojo)



THURSDAY

10am- Mindfulness colouring/ doodling

2.30pm- Choose a screen free activity (list on Teams and Dojo)

FRIDAY

1.30pm- Celebration on the week- Express Yourself!

(Children will each have the chance to share something from the week- something they have learn, something they have enjoyed etc.)

Please 'Dress to Express' for this.

(Wear something that you really like- it may be something in your favourite colour or your favourite outfit)

Feel free to also bring a drink and snack/treat to enjoy!