






# Children's Mental Health Week



Monday 1 <sup>st</sup> Feb *** NO SCREEN DAY ***	Tuesday 2 <sup>nd</sup> Feb	Wednesday 3 <sup>rd</sup> Feb	Thursday 4 <sup>th</sup> Feb
<p><b>Get baking:</b> Find a recipe you like and have a go at completing it (with adult supervision).</p> <p><b>Poster:</b> Make a poster to thank your postman/postwoman and any other delivery drivers that bring food or other items to your house, then display it outside your front door, where they'll see it.</p> <p><b>Postcard:</b> Write a postcard to someone you haven't seen in a long time and let them know you are missing them.</p> <p><b>Learn a new skill and keep a record of it</b></p> <p><b>Art:</b> Create some art work</p> <p><b>Read for pleasure:</b> Read a book/ magazine/ research</p> <p><b>Dancing or exercise:</b> Learn a dance routine or create one. Pre-recorded stretches led by Mr Duffy (daily)</p>  	<p><b>RSPB Big garden Birdwatch:</b> Find an hour where you can sit and watch the birds and record how many you saw. Send your results to school and we will add them to the national survey.</p> <p>Make Bird food cakes.</p>  	<p><b>Show and Tell:</b> You will each have 1 minute (and no longer) to show and tell something. Tell us all about it and share with us why you love it or are proud of it!</p> <p>Examples could include:</p> <p>Pets/ trophies/ achievements/ favourite book/ dance/ song/ gymnastics/ teach us to make something/ favourite toy</p> <p>**If you think your show and tell will run over 1 minute then let me know beforehand.</p> 	<p><b>Human Spot the Difference:</b></p> <p><b>Cosmic Kids Yoga</b></p> <p><b>Friday 5<sup>th</sup> Feb</b></p> <p><b>Class Quiz</b></p> <p><b>PE with Mr Duffy</b></p> 