













Y6 Mental Health Week Activities

<p>Monday 1st Feb</p>	<p>SCREEN FREE DAY – Here are your activities for today:</p>      	<p>Draw a strengths 'family tree' - either for your family, or for your group of friends, your class or your school.</p> <p>What makes a good friend? Can you write a recipe with the key ingredients?</p> <p>Healthy Body: Exercise is important. Create your own daily workout routine and try it out or make up a dance routine to your favourite song</p> <p>Make some wild art using sticks, leaves and anything else you can find outdoors</p> <p>Get baking: Find a recipe you like and have a go (with adult supervision) at completing it. Design and make a poster of all the ways we can look after the earth.</p> <p>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>Tuesday 2nd Feb</p>	<p>Mental Health activities for today:</p> 	<p>RSPB Big garden Birdwatch: 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. Make Bird food cakes</p>
<p>Wednesday 3rd Feb</p>	<p>Mental Health activities for today:</p> 	<p>I am proud to be me What have you done today to make you feel proud!</p> <p>Live input followed by Independent writing activity</p>
<p>Thursday 4th Feb</p>	<p>Mental Health activities for today:</p> 	<p>Super Mood Movers - Rights and respect I can respect myself and others. Listen and try these activities about how we can learn to respect and be respected.</p> <p>What can go wrong when people are uncooperative or selfish... 'What is fair treatment?' You have a right to be cared-for. You have a right to an education . . .</p>
<p>Friday 5th Feb</p>	<p>Mental Health activities for today:</p> 	<p>Physical Education Live/recorded PE lesson Mr Duffy – 1.30pm</p>