






## Year 3 Children's Mental Health Awareness Week Activities

In additional to our usual remote learning activities, we are encouraging you to take part in these activities which promote good mental health.

<p>Monday 1<sup>st</sup> February  <b>SCREEN FREE DAY</b> - Please have a complete break from your screens today.          Here are your activities for today:</p> 	<p><b>NO LIVE LESSONS</b></p> <ul style="list-style-type: none"> <li>• Go for a winter walk treasure hunt (frosty grass, frozen puddles, winter snowdrops etc)</li> <li>• Build a den</li> <li>• Listen to some of your favourite music</li> <li>• Organise your toy box or tidy your room</li> <li>• Read a book</li> <li>• Draw or colour a picture</li> <li>• Bake or make your favourite sandwich</li> </ul>
<p>Tuesday 2<sup>nd</sup> February          Mental Health activities for today:</p> 	<ul style="list-style-type: none"> <li>• Art Lesson: Create your own mindfulness activity in the style of Bridget Riley (pre-recorded)</li> <li>• 5 Minutes Guided Meditation for Children (YouTube)</li> <li>• Live Science Lesson - the importance of nutrition. 2:15pm</li> </ul>
<p>Wednesday 3<sup>rd</sup> February          Mental Health activities for today:</p> 	<ul style="list-style-type: none"> <li>• Prepare for the Big Garden Birdwatch by making bird cakes (Instructions on Teams)</li> <li>• Mindfulness colouring or drawing</li> <li>• Yoga lesson with Cosmic Kids (YouTube video)</li> </ul>
<p>Thursday 4<sup>th</sup> February          Mental Health activities for today:</p> 	<ul style="list-style-type: none"> <li>• Engage with nature - The Big Garden Bird Watch</li> <li>• Do a kind act for someone you live with.</li> <li>• Mindfulness activity: Brain break breathing</li> <li>• Live Science Lesson - Sugar Investigation 2:15pm</li> </ul>
<p>Friday 5<sup>th</sup> February          Mental Health activities for today:</p> 	<ul style="list-style-type: none"> <li>• Express Yourself - Meet up online for some fun games with your remote learning friends. Wear your favourite outfit, express your personality with your hairstyle and fashion. 10am</li> <li>• Mindfulness challenge activity</li> <li>• PE lesson with Mr Duffy (pre-recorded)</li> </ul>