

**Children's Mental Health Week 2021**

**Looking after our happiness 😊**

<p align="center"><b><u>Be Active!</u></b></p> <p>Pick your favourite song and make up a dance to it, or do a 'Go Noodle' dance. Can you teach someone else your dance routine?</p> <p>Send a video. 😊</p>	<p align="center"><b><u>Take notice</u></b></p> <p>Lie down and close your eyes. Squeeze and relax every muscle in your body, one by one. Start at your toes and work all the way up to your face.</p> <p>Send me a note telling me how you feel.</p>	<p align="center"><b><u>Connect</u></b></p> <p>Send a card or note to a family member or neighbour who might be on their own or who you haven't spoken to for a while.</p> <p>Send me a photo. 😊</p>
<p align="center"><b><u>Give a Thank You</u></b></p> <p>Give someone in your house a hug and tell them why you appreciate them.</p> <p>Send me a note telling me who it is and why you appreciate them. 😊</p>	<p align="center"><b><u>Story Time</u></b></p> <p>Ask your grown-up to read you a story. Get a teddy and cuddle up to listen.</p> <p>Send me a message about your favourite bit. 😊</p>	<p align="center"><b><u>The Story of You!</u></b></p> <p>Write a story with you as the main character. You can be anything you want to be – a superhero, or simply your amazing self! Where will you go? What will you see?</p>
<p align="center"><b><u>Nature Art</u></b></p> <p>Whilst out on a walk, collect some things that interest you. Take them home and create a piece of natural artwork.</p>	<p align="center"><b><u>Master Chef</u></b></p> <p>With a grown-up, can you create a masterpiece in the kitchen for the family to share and enjoy?</p>	<p align="center"><b><u>Happy Box</u></b></p> <p>Make yourself a box of all the things that make you feel happy and safe. You could use an old shoe box and decorate it.</p>
<p align="center"><b><u>Calm Corner</u></b></p> <p>Create a calm, comfortable corner somewhere in your home. Spend some time there when you need to relax. Remember, we can talk to God wherever we are – maybe you could use this calm corner as your prayer corner (like Maximus's Corner in class).</p>	<p align="center"><b><u>The Island of You!</u></b></p> <p>Design an island all about you, full of your favourite things and favourite people. You could build a model of your island using whatever you can find – Lego, recycling, etc.</p>	<p align="center"><b><u>Learn</u></b></p> <p>Complete the kindness wordsearch from our class page on the school website. 😊</p>
<p align="center"><b><u>Sock Puppets</u></b></p> <p>Use an old sock to make a puppet. Do a puppet show for someone! What story will you tell?</p>	<p align="center"><b><u>Singing Songs</u></b></p> <p>What is your favourite song from our Worship? Sing it and make up some actions. How does it make you feel? Can you sing it for your family? (Some examples might be: Great Big God; Glorious Light; My Jesus, My Saviour; Light of the World; My Lighthouse...)</p>	