

Watch the video 'Talking Mental Health' with an adult at home and discuss what the video tells and we can do.

<https://www.youtube.com/watch?v=nCrjev3-Js>

Can you make your own video to tell others about mental health?

Create a dance showing how feeling? You could create a dance each day and record it to see how your feelings change over the week.

Can you keep a diary for the week focusing on how you felt throughout the day?



Find a way to show/tell someone all about yourself. Use your imagination as this could be done in any way e.g., a story, poetry, PowerPoint, photos.

Watch the Beano 'Bouncebackability' Video <https://www.youtube.com/watch?v=uY33NDKTLTk&feature=youtu.be>



Create a comic strip about a time that you felt stressed and talk about it with someone you trust.

Children's Mental Health Week – Express Yourself.



KS2 Activities

Create a gratitude tree. A fun and creative way of acknowledging the goods things in your life. Did you know that expressing gratitude can improve your wellbeing as well as improve relationships with others?

Wear an item of clothing inside out as a reminder to be kind always, as you never know how someone is feeling inside.

Go and do something that makes you happy. You might even like to try something new.



Spend time with your family – play games, go for a walk or do something creative together!



Read the book 'Breathe and Be'.

<https://www.youtube.com/watch?v=snKYQU8GTyU>

Can you create your own quiet space music? You can use the link below or create your own.

<https://mynoise.net/NoiseMachines/primevalEuropeanForestSoundscapeGenerator.php>