

Mental Health and Well-Being

Week beginning 13th July 2020

Reflections and Memories

Look back on your time at Stanford School and think of all the good times and memories you have had – although it is a time tinged with sadness at leaving primary school, hold on to all of the positive thoughts and embrace the future changes – you are ready for it!

You could use some of the attached files to help you with your reflections.

Self Care

SOMETIMES
RADICAL
SELF CARE
IS MORE SIMPLE
THAN YOU THINK:

@BLESSTHEMESSY

+ GET ENOUGH SLEEP!
(8 HOURS!!)

+ DRINK PLENTY OF WATER

+ EAT A FULL MEAL

+ CLEAN YOUR SPACE

+ WRITE A GRATITUDE LIST

+ BREATHE DEEPLY

Look at the list below – how many can you achieve this week?

taking some deep breaths	watching a funny film	eating a balanced diet with lots of vegetables
taking medicine	stroking a pet	resting, relaxing, quiet time

drawing, painting or making something	drinking water	playing games
washing and keeping clean	thinking of happy times	learning something new
offering to do a chore at home	listening to music	going for a walk
reading a good story	eating lots of sweets	going to bed at a sensible time
talking to a trusted adult	chatting to friends by video link	expressing feelings