## Mental Health and Well-Being

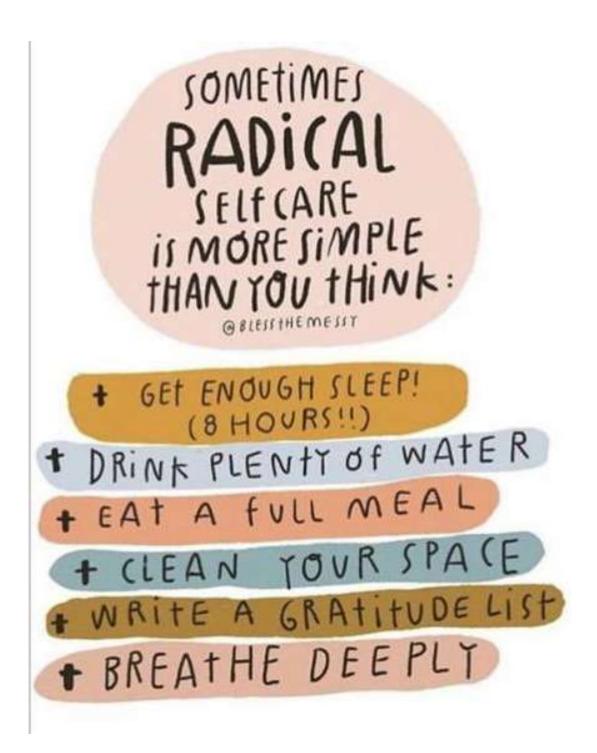
## Week beginning 13th July 2020

## 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



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