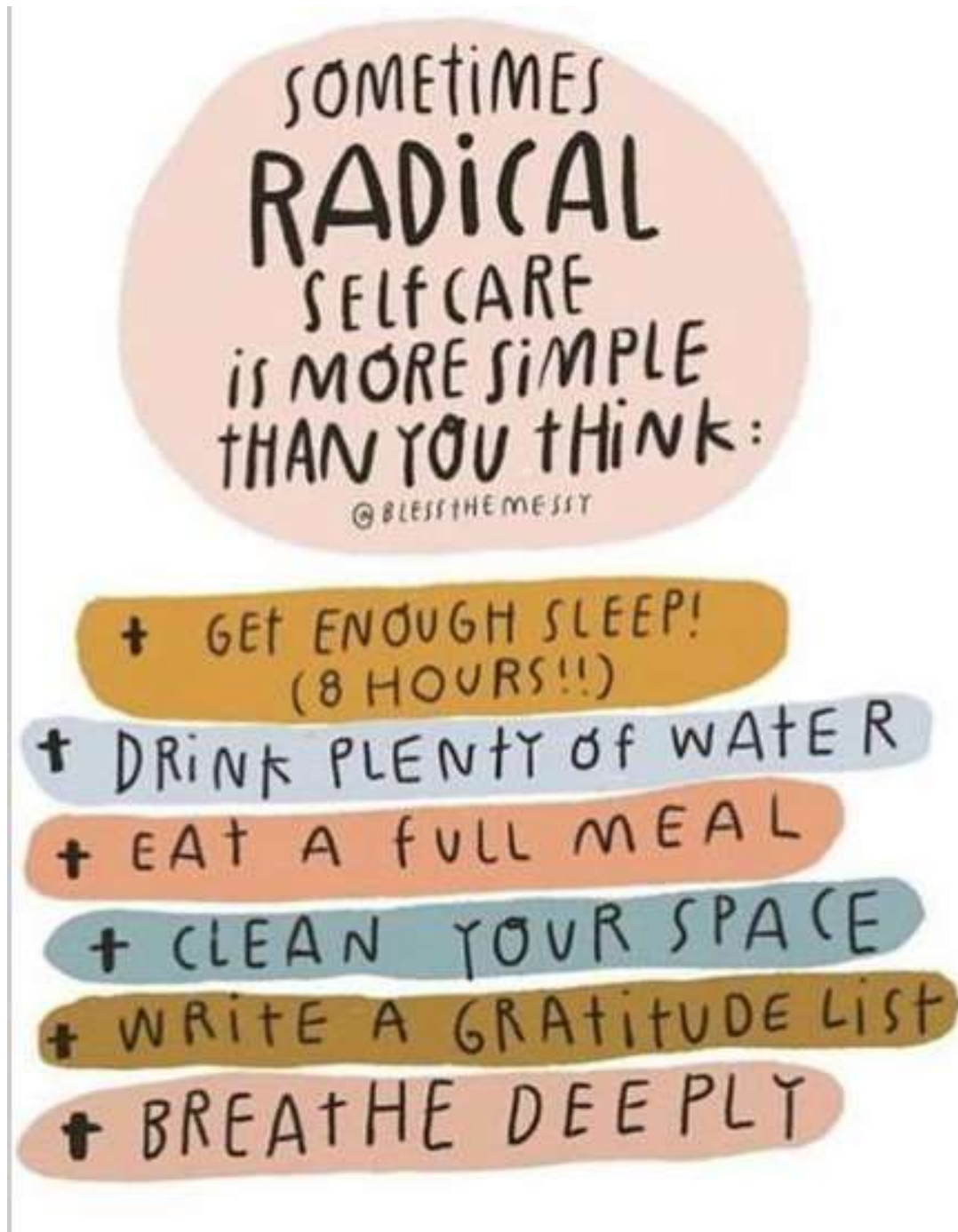


## Mental Health and Well-Being

Week beginning 6<sup>th</sup> July 2020

### 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