

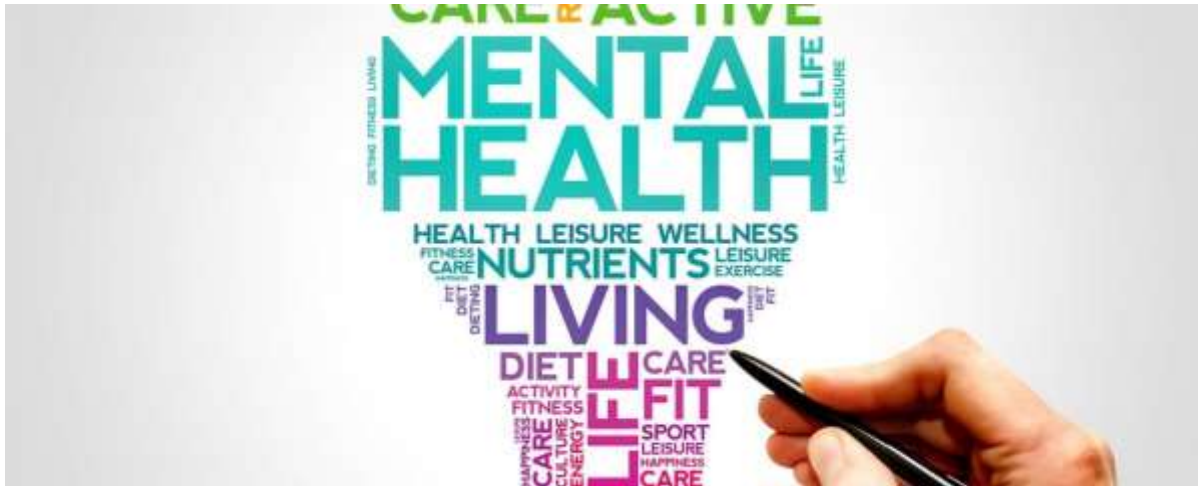
Mental Health and Well-Being

Week beginning 15th June 2020

Help and Support

If you are struggling with your feelings and emotions, take a look at the web link below – there are some activities and case studies that will help you with understanding and managing your thoughts and feelings.

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>



Meditation and Relaxation

Make time to relax and do something you enjoy every day – reading a book, having a nap, go for a walk in the sunshine, lay out on the grass and watch the clouds go by! Reflect on your day and think of three positives.

Exercise and positive mental health go hand in hand. Keep your body active and hydrated – at least 20 minutes of exercise per day and make sure you are drinking lots of water, especially in the warmer weather.

Yoga - <https://www.youtube.com/user/CosmicKidsYoga>

Just Dance - https://www.youtube.com/watch?v=9_gH2J7jxVE

Well-Being and Mindfulness Calendar

Complete a mindfulness activity each day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Give a gold star</p> <p>Create a star template and each family member writes one for each other. Have some examples such as – "I give you a gold star for always making me laugh."</p>	<p>Enter Britain's Funniest Family</p> <p>Share your original, funniest video and take part in the ultimate challenge for Britain's Funniest Family.</p> <p>This can be your funniest song, dance, joke or prank.</p>	<p>Learn a new language...</p> <p>Or at least 5 words! Decide on a language for the day and learn the words for hello, thank you, and any others you want to know.</p> <p>Tip: Give a prize to whoever can remember the most words the next day.</p>	<p>Silly Stories</p> <p>Each person has to say or type one line as you make a silly story together.</p> <p>Tip: Go round in order of youngest first to avoid everyone speaking at the same time.</p>	<p>Three Good Things</p> <p>Write down 'three good things' that have happened this week. For each thing, think about how it made you feel and why.</p> <p>These could be anything from - I've worn my favourite slippers all week to I baked a great cake.</p>