

Mental Health and Well-Being

Week beginning 22nd June 2020

Help and Support (continued from last week)

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 – see calendar document for weblinks

Start with a stretch Kick off your week with some stretching. Starting from the head, go down the body stretching out each part. Roll your neck, wiggle your fingers and rotate your arms.	Play our quarantine quiz Find out which quarantine character you are by taking part in our fun online quiz . This can be a fun way to keep your minds off the news.	Write a letter Write letters to other family members or draw them pictures to show that you're thinking of them. You could post them if you're able to, or show them over video call.	Quiet time Play some calming music and ask everyone to close their eyes and listen. Try to focus on your breathing. Tip: Try some yoga exercises or stretches with the music.	Get your body moving! Play a song for a few minutes, to shake off the tension and have a dance. Tip: Use this time to practice your funniest family dance!
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Outdoor Mindfulness

Go out into the great outdoors! Create an outdoor landscape scene, take time to enjoy your surroundings and listen to nature. Sketch, use watercolours, chalk, crayon – be adventurous!

