

Mental Health and Well-Being

Week beginning 29th 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

Share some coping tips Some of you may be feeling anxious about the news. Share this blog with your older children, or explain this to younger members of the family.	Make a self-soothe box This can be a great way for the family to feel grounded when feeling anxious. Put sensory things in the box like playdough and peppermint Tip: Read our blog to help you	Have a good news day Find three positive news stories online or follow three positive news accounts on social media like The Happy Broadcast or The Happy Newspaper . You can also #OwnYourFeed with YoungMinds	Funniest family song! Put on any song and have a sing along together Tip: you can find the lyrics to almost any song on YouTube	Have a rest day Sometimes we can feel pressured to be productive while we're all at home. But it's important to rest and look after ourselves. What is the family doing for self-care this weekend?
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Happiness



HAPPY PLAYLIST

Make a playlist of your favourite feel-good music. Keep adding to the playlist every day as you think of more music that makes you feel happy. Every day, spend some time dancing to music from your playlist.

If you are able to, get together with other people (e.g. at home, or friends via social media) and dance together to each other's playlists.