

# Children's Mental Health Week – EXPRESS YOURSELF!

*The five ways to wellbeing: CONNECT, GIVE, KEEP LEARNING, BE ACTIVE and TAKE NOTICE.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Connect</b></p> <p><i>'Connect' with people you know: family, friends and neighbours. Spend time developing these relationships but remember to keep to the Government guidelines on social distancing.</i></p>	<p><b>Give</b></p> <p><i>Even the smallest act can count, whether it's a smile, a thank-you or a kind word.</i></p>	<p><b>Keep Learning</b></p> <p><i>Learning new skills can give you a sense of achievement and increased confidence.</i></p>	<p><b>Be Active</b></p> <p><i>Take a walk, jog or cycle or find another activity that you enjoy while also keeping to the Government guidelines on social distancing.</i></p>	<p><b>Take Notice</b></p> <p><i>Be more aware of the present moment, including your thoughts and feelings, your body and the world around you.</i></p>
<p>Draw and write Happiness Cards (see below for ideas) and post them through a neighbour's door, give them to a delivery driver or put them in your front window for passers-by to see.</p> <p>You might want to decorate a pebble with a cheerful message on instead and leave it for someone to find on your next walk.</p>	<p>Do three random acts of kindness in one day.</p> <p>Give back to the planet and find a way to reuse one item this week. Maybe you could turn an empty bottle into a bird feeder or plant holder, or cut up empty toilet rolls and make a marble run?</p> <p>Call to chat with an elderly relative and give them some of your time.</p>	<p>Find out what a limerick is and try to write your own.</p> <p>Design and make your own board game and play it with your family.</p> <p>Draw yourself as your own Superhero! What are your special powers?</p> <p>Could you bake something you haven't tried before?</p>	<p>Make up your own dance moves to your favourite song or find a 'Just Dance' video on Youtube and learn one of those.</p> <p>Learn a new way of skipping from Dan the skipping man.</p> <p><a href="https://www.nhs.uk/change4life/activities">https://www.nhs.uk/change4life/activities</a></p>	<p>Start a happiness jar &amp; write down at least one thing every day that makes you happy. That way you'll have some good memories to look back on during this challenging time.</p> <p>Spend some time with God, in the quiet, remembering how much He loves you and how He created you to be the unique and special person that you are.</p>

Don't forget the dress up - EXPRESS YOURSELF challenge! And send us a photo!

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