



Children's Mental Health Week Activities 2021

Motivated Monday

Today do something that you love to do, something that makes you feel so happy. It might be playing with your favourite toy, dancing, singing; just do something that makes you feel really good!

Thankful Tuesday

Today is a day to think of someone in your life who is very special to you and makes you feel Safe and happy. Draw or paint them a picture to say "Thank you"

Wellbeing Wednesday

Today it is time to look after your brain and mind. Sit down, chill out and breathe. Click on the link and relax with this guided meditation session.

https://youtu.be/Bk_qU7l-fcU

Fitness Thursday

Look after your body and join Jemma for Jump, Jiggle and Jive; dance, laugh and have fun!

Fancy dress Friday

Get dressed up in some of your favourite colourful clothes or costumes that make you feel happy and have some fun!

Don't forget to send us some pictures or videos of you completing your activities!