

Children's Mental Health Week

We will be supporting Children's Mental Health Week in school.

This takes place between 7-13th February 2022.

Please see the link for more information

<https://www.childrensmentalhealthweek.org.uk/parents>

Below is a wellbeing challenge. If you are able to complete these, we would love for you to be able to share these with us.

We look forward to sharing our work with you from this week soon!



WELLBEING CHALLENGE

Make wellbeing a priority during Children's Mental Health Week and take on a Wellbeing Challenge. How many wellbeing actions can you tick off in a week?

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| <p>Get 8hrs of sleep</p> | <p>Do a deep breathing exercise</p> | <p>Go for a walk</p> | <p>Wear something that makes you feel good</p> |
| <p>Take time out to read a book</p> | <p>Eat your favourite food</p> | <p>Go for a walk in your local park</p> | <p>Drink 2L of water</p> |
| <p>Do 30 minutes of yoga</p> | <p>Give someone a compliment</p> | <p>Have a 'no social media' day</p> | <p>Catch up with a friend</p> |
| <p>Try a 5 minute meditation</p> | <p>Listen to a podcast</p> | <p>Go to bed 30 minutes earlier than usual</p> | <p>Write down 3 things you're grateful for</p> |