



Mental Health Awareness Week

9-15 May 2022

This year for Mental Health Awareness Week, we thought it would be nice to do a short activity each day to help boost everyone's mental health. This year's theme is loneliness so our tasks are all centred around togetherness and combatting loneliness.

Monday - Gratitude Hearts!

These will go home and can be decorated with a parent, guardian, sibling- anyone you want!
As long as you do it together! These need to back by Thursday for a special display!

Tuesday - Walk your worries away!

On Tuesday, we will be doing a mile long walk around the field before school. This will begin at 8.30am and you can walk with your friends and family.

Wednesday - Friendship Bingo!

Our third activity will be a friendship bingo board! You will have a selection of tasks to complete throughout the day in order to spread kindness around our school.

Thursday - Let's get physical!

Next up, we will have an activity focused all around our physical health. Mr Stack and Miss Taylor will run a short mini PE session with each Key Stage at some point throughout the day.

Friday - Lucky dip!

To finish off the week, we thought each class could choose a task as a group that they'd like to do to help with their mental health. This could be a guided meditation, yoga, mindful colouring, doing some group exercise outside- your choice!

We hope that these activities give you a few minutes out of your busy days to relax, have some fun together and hopefully put a smile on your face!