

Write/ Journal

- ♥ Chalk a lovely message for others.
- ♥ Write down 3 things that you are grateful for every day this week.
- ♥ Write a list of things that make you happy.
- ♥ Write your worries down – fold them into a paper aeroplane and throw them high!
- ♥ Start a journal. Write down your feelings and thoughts and 3 things that make you happy every day.
- ♥ Write a letter to someone you love and tell them how you feel and what you miss about them.

BE KIND

<https://www.randomactsofkindness.org/kindness-ideas>

- ♥ **Pay someone a compliment.**
- ♥ **Help tidy up (without being asked)**
- ♥ **Tell someone that you love them.**
- ♥ **Play a game with a little brother or sister.**
- ♥ **Save some pennies for a good cause.**
- ♥ **Draw a lovely picture for someone else.**
- ♥ **Ask someone how they feel.**
- ♥ **Share. Say please and thank you.**
- ♥ **Try something new.**
- ♥ **Give someone a hug.**
- ♥ **Feed the birds.**
- ♥ **Clean your room.**
- ♥ **Plant something.**

“ Kindness is a gift everyone can afford to give. ”

- Unknown



CHILDREN'S MENTAL HEALTH WEEK

1st – 7th February 2021

Art Challenge: HAPPY HEART HUNT

Let's blanket our world with LOVE! It's simple! Just make a heart from any object and tape it to a street-facing window to send your love out to the world. Encourage all your friends to do the same. Then, in a few days, take a family walk (keeping 2 metres distance from others!) to search for other hearts on houses. How fun it will be to watch the love grow!



Talk:

It's good to talk to others, it helps us to think things through and get it all off your chest! Here are some ideas to get you talking:

- ♥ Talk to someone you haven't seen for a long time (ask permission first)
- ♥ Look at old photographs talk about : Who, what, where, when ...
- ♥ Talk about your feelings.
- ♥ Museum of the world
<https://britishmuseum.withgoogle.com/>

Me/ Meditation

Everyone needs time to themselves. Choose something that YOU like to do and go and do it!

- ♥ Have a dance party
- ♥ Sing songs
- ♥ Read a book or play a game.
- ♥ Go for a walk and look at nature.
- ♥ Get dressed up in your best clothes
- ♥ Breathe
- ♥ 5 minute meditation/ yoga
<https://www.youtube.com/user/CosmicKidsYoga>



Links:

There are lots and lots of lovely ideas here:

- ♥ <https://www.childline.org.uk/toolbox/calm-zone/>
- If you need help with any issues look here:
- ♥ <https://youngminds.org.uk/>
- ♥ <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>
- ♥ <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/camhs-information-for-children-and-young-people/>