

Mental Wellbeing

It is always important to take the time to relax and look after ourselves, especially during difficult times. 18th – 24th May is Mental Health Awareness Week where we think about how we can look after the wellbeing of ourselves and those around us. These activities encourage you to relax, unwind and look after your mind.

Here are a few activities for you to try in the classroom or at home...

Activity 1: Stretching

Pretend you are a cat that has just woken up from a nap!

Stretch your arms, legs and back very slowly. Make sure you relax between each movement.

Activity 2: Imagine your favourite place

This could be anywhere in the world – somewhere you have visited and enjoyed. Think about why you like this place and how it makes you feel.

Draw a picture of this favourite place and display it somewhere you will see it every day so it can bring you joy.

Activity 3: Take a sensory walk in nature

On your walk, think about:

- What you can see – for example, look at colours, interesting objects and things both high up and down low
- What you can hear – for example, birds, people, cars and the rustling of leaves
- What you feel – for example, temperature, excitement and enjoyment
- What you can smell – for example, fresh grass, laundry drying outside and flowers

Activity 4: Happy music

Listen to some of your favourite music. Sing and dance to the tunes, because this makes us happy! You could even make a video recording of your performance to send to a friend or family member to cheer them up too!

Activity 5: Make a secret Garden

Gardens are relaxing places where magical things can happen!

Use a shoe box lid or tray as the base for the garden and then make items to put inside, using household materials and craft items. For example:

- Tin foil could be used to make a beautiful, shiny pond
- Lollypop sticks could be used to make a bridge or path
- Tissue paper could be used to make pretty flowers
- Buttons could be used to make toadstools
- Modelling clay could be used to make little people to live inside the garden!

