

Mental Health Week 2021

<p>We know that exercise is good for your physical health but it is also amazing for your mental health. Have a go at the PE activities on the topic PowerPoint. You will feel so good afterwards. 😊</p>	<p>Complete the 'What I am Proud Of' activity that is attached below.</p> <p>Thinking about your achievements and what you have to be proud of is so important and makes you feel better about yourself. Send in your activity sheets- we'd love to see what you are proud of 😊</p>	<p>We know lots of you enjoy baking as we have seen lots of lovely pictures. It is important to do what you enjoy so why not bake some cupcakes or brownies? Something delicious! You could decorate them with bright colours 😊</p>
<p>It is important to make sure you are enjoying some outside time and despite being in lockdown, you are still allowed to go for a walk. Have a go at the 5 senses scavenger hunt below to make your walk more interesting 😊</p>	<p>Why not try expressing yourself by creating a piece of art, listening to music or creating a dance all about you? You could build something out of Lego as well! 😊</p>	<p>Play your favourite game with a family member. What do you like about playing games?</p>

Something smooth



Something rough



Something that makes a noise



Something round



Something yellow



Something that came from a plant



Something that has a smell



Something long



Something man-made



Something soft



Something you can eat



Something red



What I Am Proud Of

In the centre circle, draw a picture of yourself and then within the trophy, write or draw how you are proud of something you have achieved or the person you are.

