

Children's Mental Health Week 2021

For Children's Mental Health Week 2021, we are encouraging you to take part in activities which inspire, a chance to show gratitude, be hopeful, connect with others and express yourself.

Enjoy these activities and have a chance to connect with your thoughts and share them if you wish with others.



EXPRESS: Happiness Jar

To Do:

Option 1 – draw an outline of a jar on a piece of paper. Inside the outline draw pictures or write words of things/people/places that make you happy.

Option 2 – Find an empty jar and fill it with ideas of things you'd like to do with family and friends

GRATITUDE: Name of Gratitude

To Do:

Write the letters of your name down one side of a piece of paper. For each letter, think of something that you are grateful for and write it next to that letter.

If your name is too easy, try completing the whole alphabet instead.

ACTIVE: Movement and Yoga

To Do:

Option 1 - Have a go at this [Super Mario inspired fitness workout](#). No equipment needed, just a clear space.

Option 2 – Have a go at this [Cosmic Kids Yoga activity](#). No equipment needs, just a clear space.

CONNECTIVITY: Postcard Writing

To Do:

Find or make a postcard and write a note to someone that you haven't seen in a while to help you connect with them. You could write to a Grandparent, a school friend, a cousin etc.

HOPE: Rainbow of Hope

To Do:

Draw a rainbow on a sheet of paper and colour in. On each colour of the rainbow write a goal or something you would like to achieve this year. These could be short term or long-term goals. Put the picture up somewhere you will be able to see it regularly to keep on track and thinking about ways of working towards achieving your goals.