

## Mental Health and Wellbeing

### Week beginning Monday 30th March 2020

There are five activities for each day of the week.

We hope that these will allow you some time to focus on your child's mental health and wellbeing – and your own too!

Mon	Design and make your very own super hero mask with this on you will be invincible there will be no problem you can't solve! You can show us your masks on face book
Tues	Using an empty jar which you can decorate anyway you like you could call it positive thinking jar. You could leave it on the side with some little squares of paper and a pen and all the members of your family could put it positive comments about one another, or maybe positive quotes that they think are relevant. Then when you are feeling down you could take out a slip or two!
Weds	Make each other a card tell your Child/Parent or carer why you think they are special. Or just tell them you love them or why they are your best friend.
Thurs	If you are missing your friends at school draw around your hand and write in all the things that make you a great friend. Then you will know that your friends are missing you to.
Fri	Make your own sensory bottles these are great for calming down angry, excited, upset, worried, anxious or bored kids (or grownups), and lots of fun to make. All you need is a plastic bottle could be a water bottle, shampoo bottle, ketchup bottle as long as it is clear it will work. Put inside glitter, food colouring, shiny paper could even be wrappers cut up, sequins, buttons, feathers anything with a bit of colour. Then add water pop the lid on and shake and watch it all settle, then shake again!! Please share pictures of your bottles with us on face book.

