

Project: Be Kind your mind!

This fortnight, we are focusing on looking after ourselves. We will be exploring what mental health is and how we can make sure we are looking after it. It is especially important to do this in challenging times, but it is always important to look after you 😊.

- Find a jar, or a box and decorate it however you wish. Each day, add something to the jar that you are proud of, or a talent, or something you have achieved. Then, in a few weeks, you can have a look through all your lovely notes and remember how fab you are!
- Friendship scenario activities
- Gratitude! Each night, write down 3 things you are thankful for
- What makes a good friend? Complete a poster to show what qualities make the ideal friend
- E-Safety - I'd like you to research E-Safety. Within this are the topics of chatting/ messaging, gaming, using apps and sharing photos and videos, amongst other things!
- Complete your digital footprint (see attached sheet)
- Pyramid of priorities (see attached sheet)
- Enjoy cooking, or baking! Or even experiment with making a fruity smoothie!
- How do you like to relax, unwind and switch off? Either create a poster/ mind-map, or other! You could even turn this into an information leaflet for others to use at school
- What are your talents/ hobbies?
- Can you make your own worry dolls? You can tell your worries to these before you go to bed and then put them under your pillow or somewhere safe in your room
- Spend some time outside cloud watching, or simply chilling and being aware of your surroundings. What can you see, hear, feel, smell, touch?
- How to manage boredom...Can you create your own activity/challenge cards that you can look at if you need a little task to do if you're feeling bored/ tempted to spend your whole day on the iPad?
- Explore shadows in the garden! In the morning, mark out the shadow made by an object with chalk. Go out at different points throughout the day to mark where the shadow is. What do you notice?
- Mindfulness colouring/ create your own colouring pictures

https://www.thinkuknow.co.uk/8_10/ - Have a look on this website