



Children's Mental Health Week 2021 at Lake Farm Park Academy

Theme – Express Yourself

Express Yourself at Home Activity Ideas: Pick some activities you might like to try at home over the week to help you express your thoughts & emotions; learn new ways to feel good and keep yourself calm 😊

At the end of the week, choose one activity that you particularly enjoyed & share it with your teacher via TEAMS, telling them how it made you feel. You can send them a photo too!

	Activities to ...
<p>Be Creative</p> 	<p>Get messy: splashing paint or taking your pencil for a walk? https://www.youtube.com/watch?v=ozKW1M97JXE&feature=youtu.be Whatever inspires you!</p> <p>Create Your own masterpiece: Get out your pencil, felt tips, paints or rummage through the recycling to make a piece of artwork inspired by your emotions and imagination. Display it for your family to see & share it with your teacher.</p> <p>Snap happy: Get creative with the camera. Take some photos of your family expressing themselves (don't forget your own selfies!) & create a family lockdown collage. (Note: www.freeprints.co.uk let you order up to 45 FREE individual 6x4 (15x10cm) photo prints per month - delivery cost is £1.49)</p> <p>Express yourself in the kitchen: Try making or baking something you've never made before. Enjoy eating your creation... just remember to clear up too! https://www.bbcgoodfood.com/recipes/cooking-kids-chocolate-cornflake-cakes-0 https://www.bbcgoodfood.com/recipes/yummy-golden-syrup-flapjacks https://www.bbcgoodfood.com/recipes/superhealthy-pizza</p> <p>Draw your feelings : https://bit.ly/3iJCoMv</p>
<p>Understand Your Emotions</p> 	<p>Read / listen to stories about emotions: Lucy's Blue Day: https://www.youtube.com/watch?v=UmrUV8v-KQg While We Can't Hug: https://www.youtube.com/watch?v=2PnnFrPaRgY Ruby Finds a Worry: https://www.youtube.com/watch?v=IIS9Ang7cNg The Color Monster: https://www.youtube.com/watch?v=W6wIEp-M4tg</p> <p>Learning about your emotions: Watch this emotions video made by our Wellbeing Practitioners - https://www.youtube.com/watch?v=LIEtDmwsPeU&feature=emb_logo</p> <p>What is mental health? This is important to know and understand. Watch this 'Talking about Mental Health' video: https://www.youtube.com/watch?v=nCrievx3-Js&feature=emb_logo</p> <p>A-Z of Emotions: How many feelings can you name? Can you name an emotion for each letter of the alphabet?</p> <p>How do I? What do you do when you're feeling sad or angry? What helps you? What do you do when you're feeling happy or proud? Remember these bits of advice for when a friend might need them.</p>
<p>Use Your Voice</p> 	<p>Sing Out:</p> <ul style="list-style-type: none"> Put on your favourite song, turn it up & sing out loud! Perform a song that makes you happy to your family Download Billy Ocean & the Young Voices Choir version of the Bill Withers' classic 'Lovely Day' released to raise money for Children's Mental Health Week 2021. <p>Showtime: perform your favourite song, a dance you've created, read a poem (perhaps one you've written yourself), a comedy show (tell your favourite jokes), perform a magic trick show (learn some tricks here: https://www.youtube.com/watch?v=eTY8_XBPYgw)</p>
<p>Get Active</p> 	<p>Keep Active: Make sure you go out for some daily exercise during Lockdown. Fresh air & exercise are very important for your mental health. If you go to the park, find a space to dance, run, play football or chase games with your family. Get your heart beating!</p> <p>Get active indoors:</p> <ul style="list-style-type: none"> *Cosmic Kids Yoga – www.youtube.com/user/CosmicKidsYoga Easy sessions to do at home *10 minute activities for indoors, as well as lots more... https://www.nhs.uk/change4life/activities *Just Dance in your living room - https://www.youtube.com/watch?v=m3402DZvbVU *David Attenborough supermovers - https://www.bbc.co.uk/teach/supermovers/just-for-fun-blue-planet-ii-1/zfkf7nb <p>Try something new: Climb a tree, hug a tree, splash in puddles, roll down a grassy bank, get muddy!</p>

Express Yourself in Writing



Start writing a diary to express yourself. A diary is a safe place to keep your thoughts. A gratitude diary is a nice idea but it's okay to write down negative things in it too... or write a letter to yourself.

Try something new:

Writing can be a great way to express your thoughts & feelings, help you work through problems and celebrate the good things in your life. This could be in the form of a diary, scrapbook, journal, creative stories or poetry. Try a style you've not written in before.

Write your own Poetry:

Be inspired by poet Michael Rosen:

www.bbc.co.uk/teach/school-radio/english-ks2-michael-rosen-talking-poetry/zn37rj6

Get ideas from poet Joseph Coelho about how to write poetry based on your own experiences:

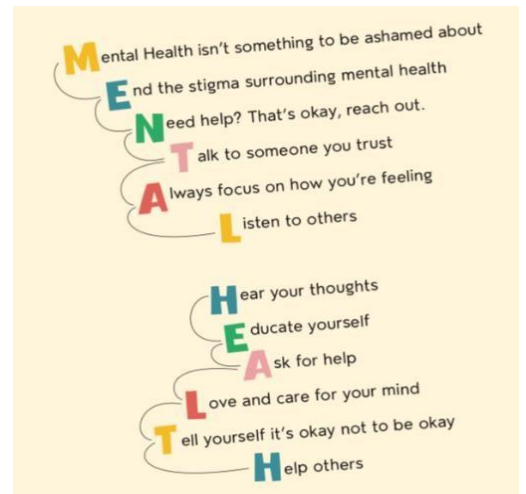
www.bbc.co.uk/teach/class-clips-video/english-ks1-ks2-how-to-write-poetry-about-your-life/zfsr2sg

Song lyrics: Song lyrics are just like putting poetry to music. Give it a go! The singer Labrinth wrote his own lyrics to 'Express Yourself' :

<https://m.youtube.com/watch?v=FTICDt01cbA>

Identify your emotions

Take some time to reflect on your emotions. Write down 'Things that make me feel...'. Can you pin point the 'trigger' for your emotion. Write it down eg: *I usually feel frustrated when I've forgotten where I've put my favourite toy.* Think of what you could do next time to help you feel more positive.



Being Kind to Yourself



Love yourself: Give yourself a big hug & remind yourself 'I am amazing'. Say it aloud. You are amazing.

Relaxation Strategies:

- * Squeeze a lemon in your hands, releasing the lemon juice into a bowl (or pretend!)
- * Stretch your arms over your head reaching for the sky
- * Shrug your shoulders tight and curl into a ball, like you're hiding in a tortoise shell
- * Learn to breathe slowly by blowing bubbles

Mindfulness:

Smiling Minds: A fantastic, highly recommended free mindfulness app for children & adults

www.smilingmind.com.au/smiling-mind-app

Stop Breathe: Primary age fun Mindfulness app <https://m.youtube.com/watch?v=iEEJT9cYsm0> or app <https://apps.apple.com/gb/app/stop-breathe-think-kids/id1215758068>

Express yourself through what you wear. Have a dress up day. You're never too old to dress up as a superhero or a unicorn!

Cool down corner:

Make yourself a safe corner or space where you can feel your emotions. You might keep your favourite toy here to cuddle.

<https://classroom.thenational.academy/lessons/cool-down-corner-6hjkae?activity=video&step=1>

Listen to Relaxing music: <https://m.youtube.com/watch?v=5HrkXT5Bc9E>

Make a Happiness Box: Make yourself a box of all the things that make you feel happy and safe. You can look at this when you are feeling scared or worried.

<https://classroom.thenational.academy/lessons/keep-calm-and-carry-on-6cu34c?activity=video&step=1>



Make Connections & Spread Happiness



Talking Time

*Find a time to turn off all devices and talk. Share the best bits of your day or your favourite memories. Talk about the things that are worrying you or you feel unsure about. It's good to talk!

*If you were stuck on a desert island for a day, what 3 things would you take to make you happy?

Random Acts of Kindness Do something to make someone smile; give them a compliment, help them out – it will bring some joy to your day too ☺ <https://www.randomactsofkindness.org> (Socially distanced kindness resources at the bottom of the link).

For the Grown-ups:



Looking after yourselves :

Smiling Mind Care Pack for Grown-ups has some useful tips & easy to follow meditations:

https://f.hubspotusercontent20.net/hubfs/4687378/Kids%20Care%20Packs/SM_SelfCarePack.pdf

Mental Health Info for the Family: <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>