Place2Be's CHILDREN'S MENTAL HEALTH WEEK
1 - 7 FEBRUARY 2021

Wellbeing Wednesday

How can nature benefit your mental health?

What can you do to give back to nature?

How else can you support mental health this week?

# Nature and Well-being

**"Take a quiet walk with Mother Nature. It will nurture your mind, body and soul"**

**Anthony Douglas Williams**

Doing things like growing food or flowers, exercising outdoors or being around animals can have lots of positive effects. It can:

- improve your mood
- reduce feelings of stress or anger
- help you take time out and feel more relaxed
- improve your physical health
- improve your confidence and self-esteem
- help you be more active
- restores mental energy that's been sapped by technology.

Ways to give back to nature

- grow or pick food
- bring nature inside e.g. get a houseplant
- do activities outdoors e.g. sports, local park walk, birdwatching
- help the environment e.g recycle old boots into outdoor plant pots
- connect with animals e.g create a

# How to give back to nature

- Do not throw garbage on the street, or in the park or natural areas
- Think about the importance of protecting all living creatures
- Reduce the amount of energy you use
- Walk or cycle whenever possible
- Make recycling a part of your daily life
- Be in touch with nature
- Talk about endangered species on our planet, and the importance of preserving them

# Express yourself for improved mental health

**Children's Mental Health Week: Week Beginning: 1st February: Theme – Express Yourself**

| Talk! | Get Thinking! | Create! | Move and Listen! | Write! |
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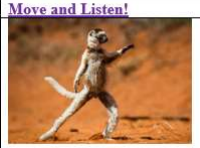
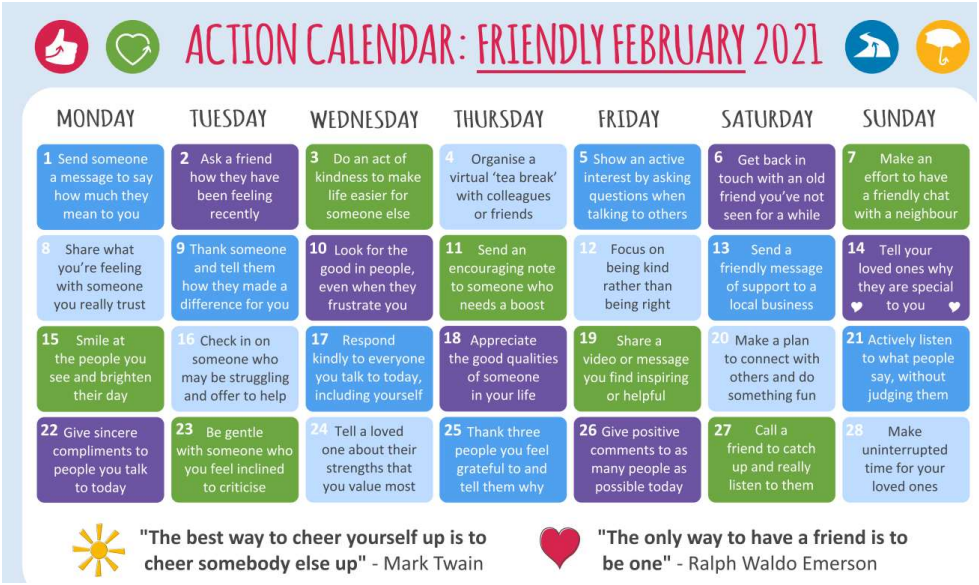
| **Share some happiness!** Find a time to turn off all devices and talk. Share the best bits of your day or your favourite memories. | What things make you feel happy? Sad? Angry? Excited? How do you show these different emotions? Track your emotions by creating: Create a book of faces of how you may be feeling – happy, sad, excited. | **Dress to Express Day!** Create something to wear on 'Dress to Express' day this Friday. You could decorate something you already own or make a hat or accessory to express yourself. Use your favourite colours, patterns and shapes! |  Put on your favourite music and dance around the room! How does it make you feel? What sort of movements do you enjoy making? | Start writing a diary to express yourself. A diary is a safe place to keep your thoughts. It's okay to write both positive and negative things in a diary – it's totally up to you! |
| **What's on your mind?** Talk about the things that are worrying you or you feel unsure about. It can really help to talk things through! | How do you let off steam? Think about what you do when you are feeling sad or angry. What helps you to feel better? What other ideas could you try? Remember this advice for when a friend might need it! | Take your pen or pencil for a walk around the page without taking it off. What shapes can you see? What could your lines represent? | Sing along to a song you like. What do the lyrics mean to you? How do you feel when you sing them? | **How many emotions?** Write down all the emotions you have felt today! Some days, you may feel lots of emotions but other days, maybe just one or two. Choose a different colour to express each one and decorate them. |
| Catch up with a friend you haven't spoken to for a while. This could be someone from school who you cannot see at the moment. Check in and see how they are. Let them know how you are feeling too. | **A-Z Emotions** How many different emotions can you think of? Can you name an emotion for each letter of the alphabet? | Splash some paint in the colours that show your emotions! (Make sure you check with an adult and use an apron/table covering.) | **Happiness Playlist** Create a playlist of songs that make you feel good! Share it with friends and family so they can use it too. Which songs have you included and why? How do they make you feel? | Write a letter to yourself about how you are feeling and why! |

https://www.childrensmentalhealthweek.org.uk/

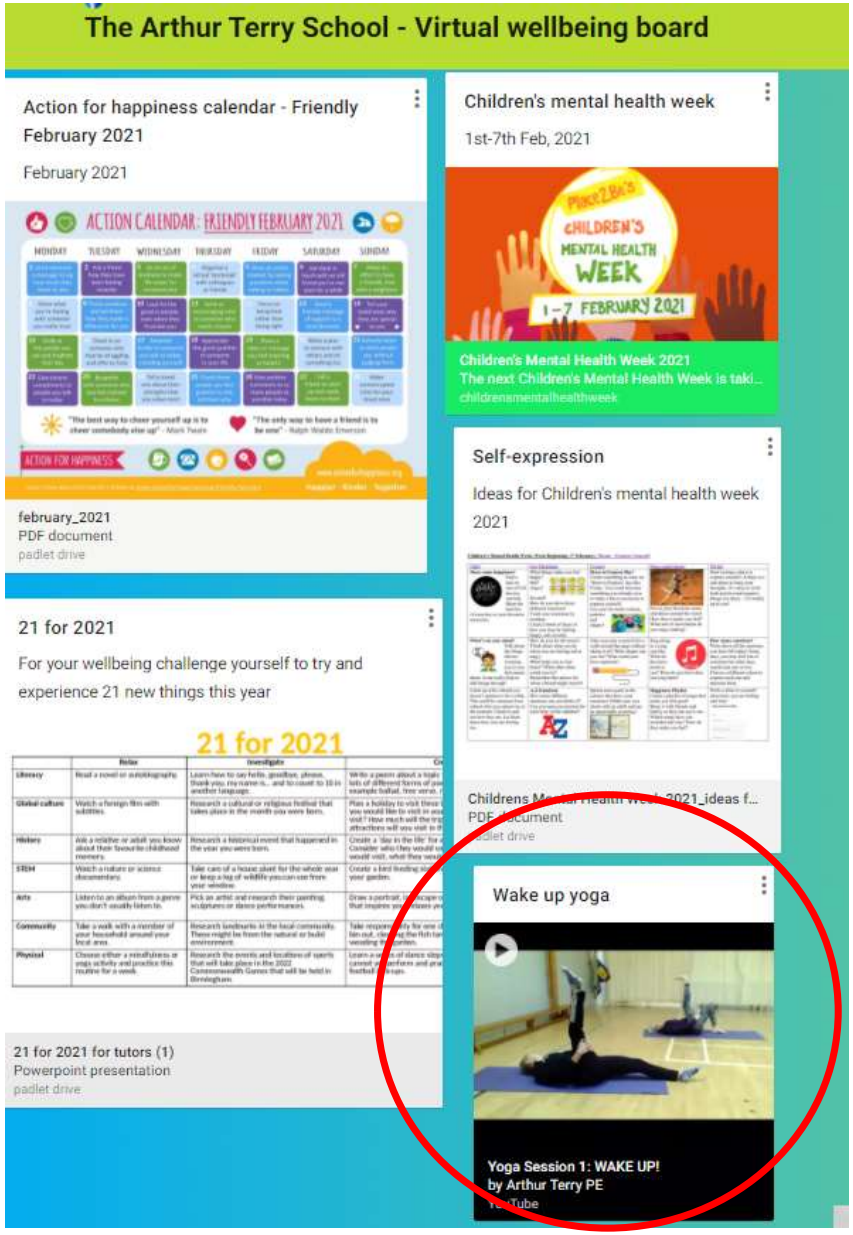
https://www.arthurterry.bham.sch.uk/well-being/

**Click on: Virtual wellbeing board**




## 21 for 2021

| | Relax | Investigate | Create |
|---|---|---|---|
| **Literacy** | Read a novel or autobiography. | Learn how to say hello, goodbye, please, thank you, my name is... and to count to 10 in another language. | Write a poem about a topic that interests you. There are lots of different forms of poetry you could try, for example ballad, free verse, narrative or lyric poem. |
| **Global culture** | Watch a foreign film with subtitles. | Research a cultural or religious festival that takes place in the month you were born. | Plan a holiday to visit three tourist attractions a country you would like to visit in your lifetime. Where will you visit? How much will the trip cost? What tourist attractions will you visit in that country? |
| **History** | Ask a relative or adult you know about their favourite childhood memory. | Research a historical event that happened in the year you were born. | Create a 'day in the life' for a famous historical figure. Consider who they would socialise with, where they would visit, what they would eat, how they would relax. |
| **STEM** | Watch a nature or science documentary. | Take care of a house plant for the whole year or keep a log of wildlife you can see from your window. | Create a bird feeding station or bug / hedgehog house in your garden. |
| **Arts** | Listen to an album from a genre you don't usually listen to. | Pick an artist and research their painting, sculptures or dance performances. | Draw a portrait, landscape or take photo of something that inspires you, relaxes you or cheers you up. |
| **Community** | Take a walk with a member of your household around your local area. | Research landmarks in the local community. These might be from the natural or build environment. | Take responsibility for one chore at home e.g. putting the bin out, cleaning the fish tank or hamster cage or weeding the garden. |
| **Physical** | Choose either a mindfulness or yoga activity and practice this routine for a week. | Research the events and locations of sports that will take place in the 2022 Commonwealth Games that will be held in Birmingham. | Learn a series of dance steps or pick a physical skill you cannot yet perform and practice this for a month e.g. football kick-ups. |




Get Your Body Moving!

# Get moving during remote learning

**Yoga/body and brain breaks**

- 'Take 5' sessions – 5 minutes on moving a part of your body
- Wake up/bed yoga
- Sessions to suit different moods – first one is 'Regulate'

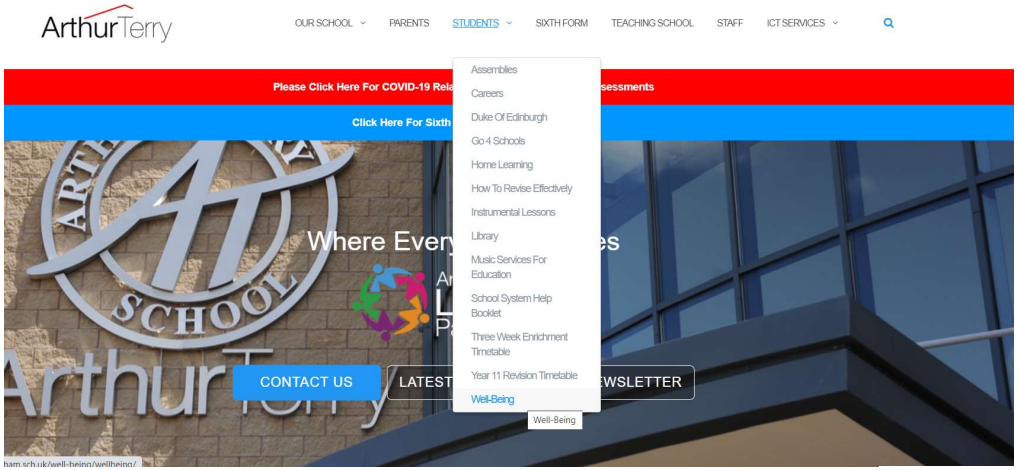
Where to access these: **Arthur Terry PE Youtube** channel

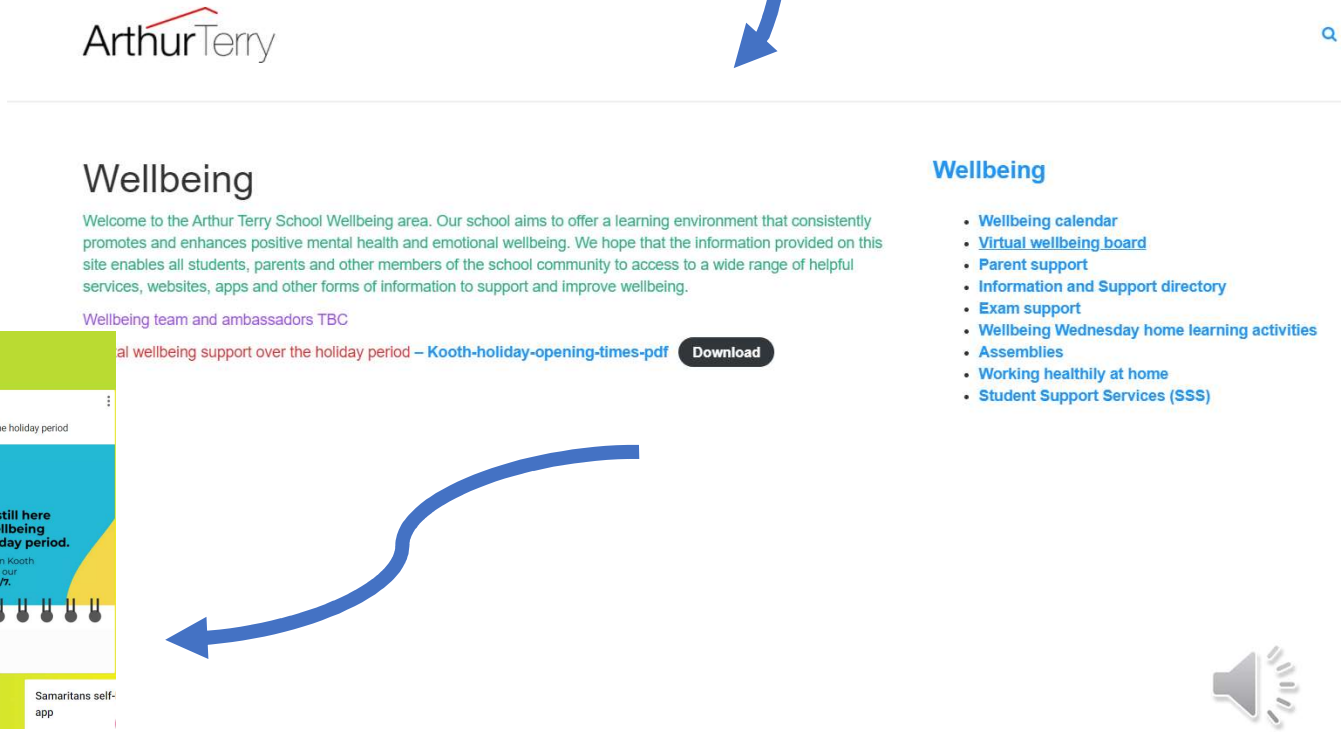
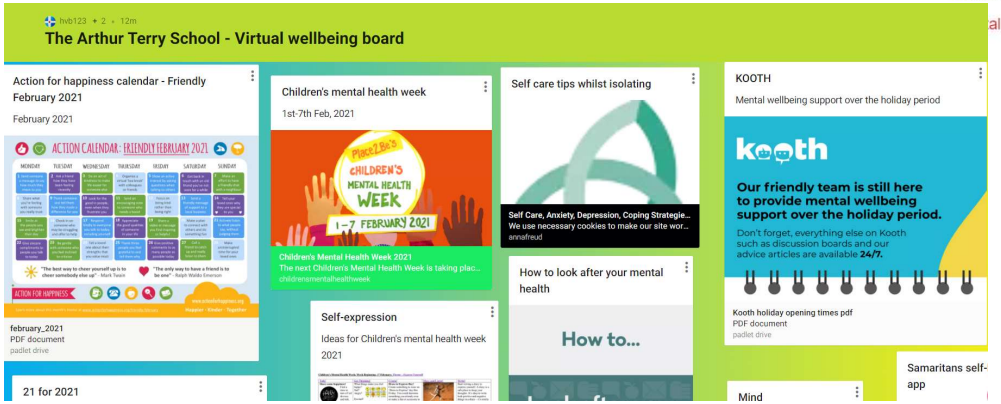
or **Virtual Wellbeing board (**https://www.arthurterry.bham.sch.uk/well-being/**)**

## Try this Wake up yoga for starters!

WAKE UP YOGA: https://youtu.be/pZ_hPjWbl_4

WAKE UP

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