






# Children's Mental Health Week

## Express Yourself

Monday	Tuesday	Wednesday	Thursday	Friday
<i>'I am special'</i>	<i>'I have lots to be proud of'</i>	<i>'I love myself'</i>	<i>'I am a good friend'</i>	<i>'I am determined'</i>
Daily 10	Daily 10	Wellbeing Wednesday	Daily 10	Daily 10
Reading	Poetry		Re Reflection	PSHE
PSHE	Music		Art	When I grow up
Yoga	Dress to Express Activity		Dance with Mrs Czuba	Why I love my Village Competition

# Wellbeing Wednesday - 50 Activities

<b>Maker Hour</b> 	Build the tallest tower	Build a den in your house or garden	Make a boat to float in your bath	Create a large piece of art	Make a sock puppet	Make your own healthy lunch	Paint a pebble	Draw a picture on a cereal box and cut it to make a jigsaw	Create a board game to play with your family	Bake and decorate a cake
<b>Genius Hour</b> 	Play Kim's Game (memory game with a tray of objects)	Learn to read/spell 5 new words	Learn some words in another language	Learn some sign language	Learn a magic trick	Write a rap song	Draw your family and any pets you have	Learn to juggle	Learn to tie a tie	Practice a musical instrument
<b>Indi Reading Hour</b> 	Find a picture in a book you never noticed before	Read a recipe or instructions to complete an activity	Read a poem	How many book titles can you read in 1 minute? Can you improve?	Turn your favourite story into a comic book	Read a description from a book and create your own illustration	Read to someone else in your family for THEIR enjoyment	Time how many words you can read in 1 minute. Can you improve?	Read someone else's favourite book	Begin to read your favourite book again
<b>Fitness Hour</b> 	Have a disco with your family and dance to your favourite tunes	Go on a safe walk with a family member	Make an obstacle course inside and out	Make up a fitness workout – Joe Wicks style	Touch every wall in your home	Take 200 steps around the house	Walk up and down the stairs 10 times	Do 50 star jumps	Throw and catch a ball as many times as you can without dropping	Sit down on the floor and stand up straight again 20 times
<b>Service Hour</b> 	Draw a picture for someone	Make a phone call to a relative	Write a card or letter to someone to say "hello"	Tidy your room	Match Tupperware lids to bottoms	Fold your clothes	Write a card or letter to someone to say "thank you"	Teach someone else how to do something	Hoover a room in your house (ask a parent first)	Do the washing up