**Children’s Mental Health Awareness Week at Copdock and Bentley- wb 07.02.22**

**Growing Together**

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 8:40- Whole school physical activity on playground | Stillness Meditation- Belly Breathing activity. | 8:40- Whole school physical activity on playground | Stillness Meditation-belly Breathing | 8:40- Whole school physical activity on playground |
| Wellbeing morning slide. | Wellbeing morning slide. | Wellbeing morning slide. | Wellbeing morning slide. | Wellbeing morning slide. |
| all- I am, I have, I can activity.  Balloon activity – support network | all- Share a growth story with your class.  Yolanda Brown – linking to Bold Women in Black History | Class mind map – what can we do to look after our mental health? (sleep, eat, drink, etc) | all- Imoves Grumpy jar and link to belly breathing. | all- Pencil wander activity. |
| Taratna Meditation  (loving kindness affirmation) | Make time to read to the children. | Taratna Meditation  (loving kindness affirmation) | Make time to read to the children. | Taratna Meditation  (loving kindness affirmation) |