

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

Growing Together

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 on blog.	Wellbeing morning slide on blog.	Wellbeing morning slide on blog.	Wellbeing morning slide on blog.	all- Pencil wander activity.
all- I am, I have, I can activity - on blog.	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- Going for goals, write on each step of the ladder what small steps you need to take to reach your goal on the star at the top of the ladder - on blog	Balloon activity - support network on blog
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)

At some point in the week, you will need to make time to complete the **Support Balloon activity**. The children's art work will then be displayed in both schools as a whole school display. Copdock- please pass these me as I who will happily display them. Bentley?

Please send me a brief list/ timetable of the activities that you intend to complete next week by this Friday 😊.