



CHILDREN'S MENTAL HEALTH WEEK 2021

w/c 1st February 2021



DRESS TO

EXPRESS

THIS CHILDREN'S
MENTAL HEALTH WEEK

Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK

Children's Mental Health Week 2021

- This week in school we would have been focusing on children's mental health week, so we want to continue this plan even in lockdown as it is so important.
- This year the theme is 'Express Yourself'.
- Each day there will be a P4C starter question set by your teacher at the morning Teams meeting for you to reflect upon and share with your families.
- There will be time in the day to do some yoga, calming strategies or mindfulness activities.
- There will be some PSHE challenges around wellbeing e.g. self esteem, celebrating success, overcoming challenges and worries.
- There will be creative activities.

Plan for the week

- Monday – **dress to express** yourself 😊 If you want to dress up for your Teams call in an outfit that best represents yourself you can do – this is optional. It might be your favourite clothes, sports kit, something linked to a hobby, or just a bright, colourful accessory, hat or crazy hairstyle!
- Tuesday – focus: inspirational people
- Wednesday – focus: being resilient and overcoming challenges – Who helps us not to give up?
- Thursday – focus: Being creative (making our Emerald City buildings)
- Friday – **inside out day** – celebrate the work this week by thinking about the way we present ourselves on the outside, and how we might be feeling on the inside. If you want to, wear your clothes inside out for your Teams meeting!

Support in school

- Everyone in school is here to support you – your teachers, your teaching assistants, your friends, and lots of other adults in school. Even if you are not in school at the moment, you can still ask for help and support if you need it.
- The following slides show some familiar faces that you can ask for help in school.
- We have visitors into school when we can, such as D-side (Dave) who teach us about online safety and keeping our bodies safe from things like drugs and alcohol.
- We have weekly PSHE lessons and P4C lessons when we learn about healthy minds and bodies and how we cope with our emotions and react to things
- Each classroom has a worry monster that the teachers check regularly in case anyone has shared a worry
- During lockdown you can see your teacher every day on Teams and Mrs Al-Kaseed will check in with some of you she usually sees in class
- We have a nurture room which the school council are involved in renovating with Mrs Casling and Mrs Al-Kaseed – ready for your return to school 😊

Who can help?

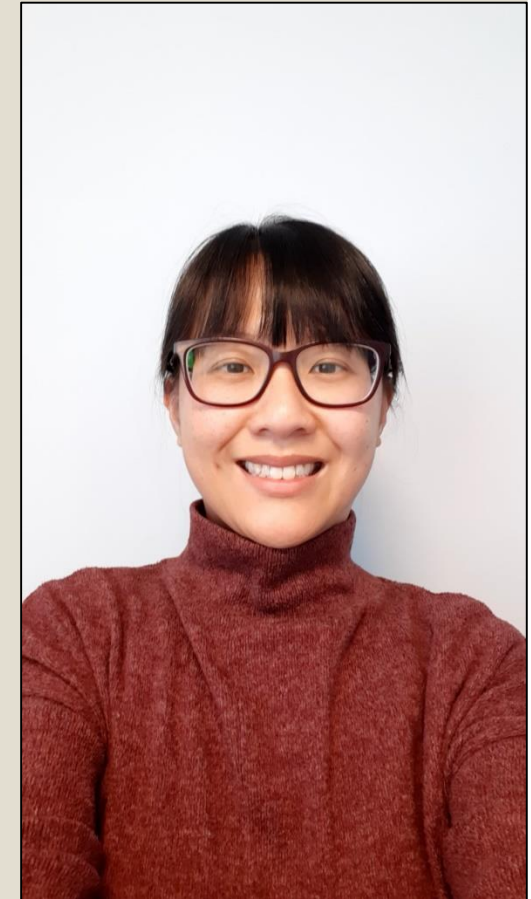


Mrs Casling

I am the Deputy Head and Inclusion leader in school – this means I have an overview of all classes and make sure anyone who might need some extra support gets it. I can also help your parents/carers if they need support and I work with adults from other schools to find the best help and advice for people. I run the school council to make sure your pupil voice is heard in school. We are still meeting during lockdown via Teams to work on re-vamping the nurture room in school and make it a really welcoming place for all.

Miss Chang

I am the SENDCo in school so my job is about supporting children with special educational needs. I can help you with your learning or behaviour by supporting you in school, giving you and your parents advice and strategies, or seeking help from outside of school if we want some more support. I also work with lots of children across school to do interventions and speak regularly to all your teachers.



Miss Russell

I am the PSHE leader in school and teach in Year 3. I make sure that your teachers plan in activities to teach you about health and wellbeing, and ways to keep yourself safe. You will learn about different things in different year groups so by the time you finish at Holy Trinity you are confident young people who are ready for high school.



Mrs Al-Kaseed

I am the learning mentor in school. I visit individual children to talk about things that might be worrying them, and I also work with small groups to develop skills that will help them feel better at school and at home. I speak to lots of parents about ways to help at home too. I have lots of books and games and resources that I can use or recommend to your teachers if you have any worries – don't forget to use the worry monsters when you are back in school if anything is bothering you.

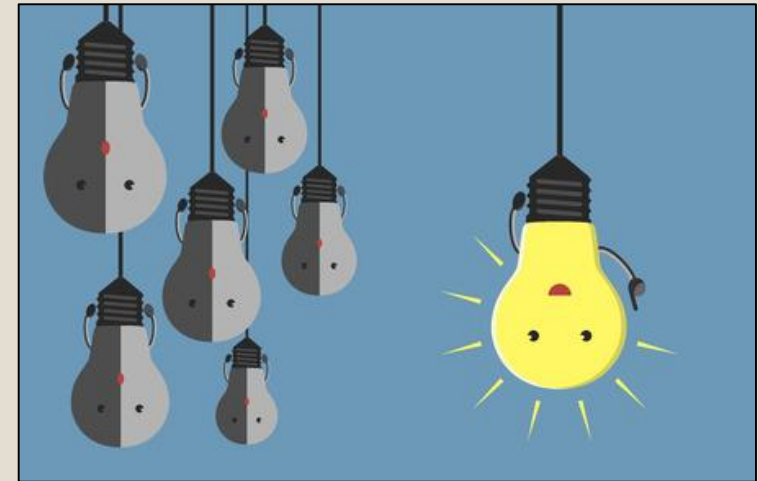
Monday 1st February

- **Dress to express** yourself 😊 If you want to dress up for your Teams call in an outfit that best represents yourself you can do – optional. It might be your favourite clothes, sports kit, something linked to a hobby, or just a bright, colourful accessory or hat
- Today's P4C question: **What makes you, you?**
- Today's activities: Make yourself into a superhero! Use the sheet on the website or draw a picture into your workbook of what you would look like as a superhero. Then, think of the 3 things you are best at and these will become your super powers!



Tuesday 2nd February

- Tuesday – focus: inspirational people
- Today's P4C question: What does it mean to be famous? Is it good to be famous?
- Today's activities: Have a look at the 4 powerpoints on the website. All these people are seen to be inspirational. That means they have done something that other people look up to. Read through the powerpoints with someone in your household and have a chat about the following questions:
 - Who do you think is the most inspirational?
 - Is one more inspirational than the others?
 - Is there someone you find inspirational?
 - How do you inspire others?



Wednesday 3rd February

- Wednesday – focus: RE Big Question - Who helps you to not give up?
- Today's P4C question: Who helps you to not give up?
- Today's activities: This morning your teacher will read you the story of The Dot. If you want to hear it again you can follow the link on the website. Then complete the sheet or make a list in your workbook of 4 people you can pick to help you when you feel like giving up.
- Think about -
- Why do they help you?
- What qualities do you like about them?
- Can you pick yourself to help you not give up?
- Lots of activities on the website <https://www.time-to-change.org.uk/get-involved/time-talk-day>

Thursday 4th February



- Thursday – focus: Being creative
- Today's P4C question: Would you rather live in the Emerald City or Leeds?
- Today's activities: Today we are making the Emerald City! Use your design from last week to help you but let your creativity run wild! You can use any materials you like and create any building you want. The only rule is it must be green.

We can't wait to see your creations!

Engaging in the arts plays such an important role in mental health and well being.

' It can help to boost confidence and make us feel more engaged and resilient. Besides these benefits, art engagement also alleviates anxiety, depression and stress.'

mentalhealth.org.uk

Friday

- Friday – **inside out day** – celebrate the work this week by thinking about the way we present ourselves on the outside, and how we might be feeling on the inside. If you want to, wear your clothes inside out
- <https://www.insideoutday.org.uk/>
- Today's P4C question: What colour do you think each of these emotions might be? – excited, embarrassed, frustrated, worried, calm
- Today's activities: Find someone in your household to play the board game with. Talk about the emotions as you make your way around the board. Maybe you could act them out?



Wear an item of clothing *inside out* as a way of making us all stop and think.

Get involved

BE KIND

IT'S OK NOT
TO BE OK

NO ONE
KNOWS HOW
SOMEONE
ELSE IS
FEELING ON
THE INSIDE

THINK OF
OTHERS

YOU ARE NOT
ALONE

Physical activity and Yoga

There are lots of great ideas across the internet to keep kids active at home and we have provided links to these below such as Joe Wicks workouts and Cosmic Yoga. However, these are not physical education lessons, and we all know the importance of physical education to a child's development and self-confidence. Therefore we will provide 2 links to Physical Education lessons here. Learning and practicing the fundamental skills of agility, balance, coordination and strength are so important.

- The department for education have recommended the Yorkshire Sport Foundation #ThisIsPE campaign <https://bit.ly/ThisIsPE> [YouTube](#)
- [Leeds Rhino Challenges](#)
- [Cosmic Kids Yoga](#)
- [GoNoodle Dance Workouts](#)
- [Joe Wicks Daily Workouts](#)
- [10 minute shake ups](#) – Disney new 10 minute shake up games!
- [BBC Supermovers](#) – move while you learn.
- **Yoga and Mindfulness**
 - [Warm up](#)
 - [Yoga](#)
 - [Relax](#)
 - [Mindfulness](#)

Mindfulness and breathing exercises you might like to try 😊

- Muscle relaxation/Mindfulness <https://www.youtube.com/watch?v=aaTDNYjk-Gw>
- Belly breathing <https://www.youtube.com/watch?v=RiMb2Bw4Ae8>
- Box breathing <https://www.youtube.com/watch?v=AOL3isokmY4>
- Square breathing <https://www.youtube.com/watch?v=YFdZXwE6fRE>
- 5 finger breathing <https://www.youtube.com/watch?v=DSgOW879jjA>

P4C questions

Ideas here:

<https://www.thephilosophyman.com/p4c-questions>

<https://www.thephilosophyman.com/p4c-questions>

<https://www.sapere.org.uk/>

What to do if you are worried

- Huge bag of worries book <https://www.youtube.com/watch?v=NbcswBYnmeQ>
- The Colour Monster <https://www.youtube.com/watch?v=Ih0iu80u04Y>
- Speak to your teacher via email or at the Teams meeting
- Ask your parents to let school know