



www.childrensmentalhealthweek.org.uk



Children's Mental Health Week



Dear Parents & Carers,

Children's Mental Health Week is taking place on 1 – 7 February. This Year's theme is **'Express Yourself'**. Throughout the week we will be encouraging children and adults to explore the different ways we can **express ourselves**, and the creative ways that we can share our feelings, thoughts and ideas. Activities will be posted daily on your child's class SeeSaw page. When children are able to find creative ways to share their feelings, thoughts or ideas, it can help them feel good about themselves and who they are. We hope you can join us and help shine a light on the importance of children and young people's mental health.



Wellbeing Key Events

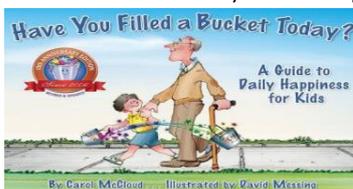
Wednesday 3 February – Inside Out Day



Wear a piece of clothing **'Inside Out'** to stop and think about how others are feeling.

On Wednesday 3 February, we will be encouraging all our children and adults to participate in **'Inside Out Day'**, by wearing an item of clothing 'Inside Out'. This is to remind each other to always be kind and think of others, as how we look on the outside may not be reflective of how we feel on the inside.

Throughout the day we will be setting challenges for children and adults to help **spread a little kindness**, using the book, 'Have you filled a Bucket today?' as inspiration.



Friday 5th February – No Screen Day Express Yourself/ Dress to Express



On Friday 5 February, we would like your child to take part in a **'Wellbeing Express Yourself'** day. On this day, we want to give the children (and you) a day away from their screens, with the exception of the morning zoom registration, where the class teacher will share creative ideas for the learning that day.

As it is **'Dress to Express'** day, why not kick start the day by joining us, and encouraging your child to express themselves by wearing bright colours or fancy dress! (whether at home or in school).

Zoom Story Time



Throughout the week, your child's class teacher will be sharing some wonderful wellbeing story books that will help your child to explore their feelings, emotions, thoughts and hopes for the future.

Help Spread the Word - Twitter



Help shine a light on the importance of children and young people's mental health by uploading and tagging us into activities that your children and family take part in at home throughout the week.

Tag: @St_Chrysostoms

Tag: @ Primary_StJohns

Use our Hashtag: #SJCwellbeing

For further information about Children's Mental Health Week, please follow the link: <https://www.childrensmentalhealthweek.org.uk/>

Thank you for your continued support.

Yours Sincerely,

Ms K Penny

SENDCO and Assistant Headteacher





No Screen Day – Dress to Express Wellness Day



On Friday 5 February, we want to give the children (and you) a day away from their screen, with the exception of the morning zoom registration, where the class teacher will share creative ideas for the learning that day.

As it is 'National Dress to Express' day, why not kick start the day by joining us, and encouraging your child to express themselves by wearing bright colours or fancy dress! (whether at home or in school).

We have split the day into four sections. We would like your child to choose **three activities** from the ones suggested and participate in any other creative/ self-expression activities that you all enjoy doing!

We would love to see anything that you have created or enjoyed throughout the day. Please upload any photos or videos to the SeeSaw Class Page, and if you like, share on twitter using our hashtag: **#SJCwellbeing**

Maker Hour



Fitness Hour



Genius Hour



Zen Hour



Make a tall tower using objects in your house or at school.	Create a hide-me stone. Go for a walk and hide it for someone to find.	Have a family bake-off and judge whose is best.	Draw a picture on a cereal box and cut it out to make a jigsaw.	Build a den or a fort (inside or outside).	Make a boat that will float in the bath. Whose will float the longest?
Make up a fitness routine – Joe Wicks style!	Make an obstacle course either inside or outside.	Teach your family, friends or class teacher a TikTok dance.	Hold an indoor disco (perhaps a kitchen or classroom disco!)	Go for a mindful walk and discuss what you see, hear, smell, taste.	Touch every wall in your house and time how long it takes. Improve your time!
Share and read your favourite books with each other.	Write and perform a play script involving your family, teachers or friends.	Invent a brand new board game. Challenge your family, teacher or friends!	Learn to read/spell 5 new words and teach someone else. Learn a magic trick to perform.	Draw a detailed family portrait including any pets.	Write a letter to a family member in another house and post it. Play Kim's game with a tray of objects.
Help someone in your house (wash the dishes, tidy your room,).	Look through a family photo album. Discuss who the people are, how people are different.	Ask a family member to draw you a picture of your house. Colour it in.	Have a joke competition. Who can tell the funniest joke?	Play a board game or do a jigsaw together. Research and practice some yoga poses.	Listen to some music together. Share your favourite songs and musical artists.