



# Children's Mental Health Week 2021



## Programme of Activities

<p><b>Monday</b></p>  <p>REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY</p>	<p><b>MONDAY CHALLENGE</b> Take notice of your surroundings. Take some time today to be aware of your surroundings at home or whilst out exercising and list all the things you don't normally see or hear.</p> <p><b>LUNCH TIME</b> Y7 social time with Mrs Lewis on Teams. Chat with your friends while looking at creative ways to express yourself.</p> <p><b>LUNCH TIME</b> Drop in appointments for Y11 with Mrs Baldwin our school counsellor.</p>	<p>Don't forget to check your school email's for the wellbeing newsletter.</p>
<p><b>Tuesday</b></p>  <p>DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR HOOD</p>	<p><b>TUESDAY CHALLENGE</b> We challenge you to make some fun moves at break time. You can record them or take a photo and send them into school!</p> <p><b>LUNCH TIME</b> Y8 social time with Miss Corns on Teams. Chat with friends on Teams and look at creative activities to help with wellbeing.</p> <p><b>LUNCH TIME</b> Drop in appointments for Y10 with Mrs Baldwin our school counsellor.</p>	<p>Don't forget to check your school email for the lockdown survival information.</p>
<p><b>Wednesday</b></p>  <p>EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF</p>	<p><b>WEDNESDAY CHALLENGE</b> Today you will be sent out a quiz. You will need to think about each of the five ways to wellbeing and how they can be achieved.</p> <p><b>LUNCH TIME</b> Y9 social time with Mrs Gregory. Chat to your friends on Teams while looking at different ways to express feelings.</p> <p><b>LUNCH TIME</b> Drop in appointments for Y8 with Mrs Baldwin our school counsellor.</p>	<p>Check emails for a worksheets on dealing with frustration during lockdown.</p>
<p><b>Thursday</b></p>  <p>TALK &amp; LISTEN, BE THERE, FEEL CONNECTED</p>	<p><b>THURSDAY CHALLENGE</b> Today's challenge is to message or ring a friend or family member and learn 10 new things about them.</p> <p><b>LUNCH TIME</b> Y10 virtual common room with Mrs McGee. Time to chat, share and see your friends.</p> <p><b>LUNCH TIME</b> Drop in appointments for Y9 with Mrs Baldwin our school counsellor.</p>	<p>Remember to Smile at someone new today!</p>
<p><b>Friday</b></p>  <p>Your time, your words, your presence</p>	<p><b>FRIDAY CHALLENGE – WELLBEING DAY – ensure you register with your Form Tutor.</b> Bright colours can make us feel good. Today's challenge is to find the most colourful item of clothing you have. Take a picture and send in to Mrs Baldwin</p> <p><b>LUNCH TIME</b> Y11 virtual common room with Mrs O'Malley. Time to finish the week seeing your friends.</p> <p><b>LUNCH TIME</b> Drop in appointments for Y7 with Mrs Baldwin our school counsellor.</p>	<p>What could you do today to help improve someone else's wellbeing?</p>

Any questions please email Mrs Baldwin [baldwin@sarchs.com](mailto:baldwin@sarchs.com)