

CHILDREN'S MENTAL HEALTH WEEK

Each day pick an activity to do and take time to express yourself.

Why not let us know what you are getting up to?

Take a picture, post a comment of what you are getting up to on your year group support page.....



Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday
What did you do?					



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

- Chat with friends online
- Chat with family you live with
- Speak with teachers and peers on Microsoft Teams
- Follow MER twitter account @MESReading



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

- Go for a walk outside
- Do an online exercise video
- Follow exercise challenges
- Follow a routine, e.g. get up at the same time to shower



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

- Go for a walk/sit in the garden
- Keep in touch with family and friends
- What can you do at home you enjoy?
- Look after pets



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

- Follow online learning provided by school
- Learn something new, e.g. learn to bake/cook/sew/knit/draw
- Watch TED Talks
- Read



Your time,
your words,
your presence

- Stay in touch with family and friends (daily or weekly)
- Stay updated with news and how the community is coming together
- Be you!