

MENTAL HEALTH AWARENESS WEEK 2021

10-16th May

TIMETABLE OF EVENTS:

Monday – Collective Worship, Introduction to MHAW from Mrs Browning.

Activity

- *PHSE/P4c around Mental Health*
- *Short demonstration of how to tie a green ribbon bow (Year 1).*

Tuesday – Collective Worship, video clip and talk from Mrs Everingham.

Activity

- *15 minutes meditation.*
- *Short demonstration of how to tie a green ribbon bow (Year 2).*

Wednesday – Thinking Skills Collective Worship, followed by mindfulness activities from Miss White.

Activity

- *Planting a sunflower seed, focusing your attention on the seed to rest your mind.*
- *Short demonstration of how to tie a green ribbon bow (Year 3 and 4).*

Thursday – Collective Worship in class, listen to music.

Activity

- *Go for a nature walk through the school grounds, copse etc.*
- *Short demonstration of how to tie a green ribbon bow (Year 5 and 6).*

Friday – Collective Worship, celebration of the week. Children can wear own clothes, bright and green if possible pledging £1 donation to buy some Mental Health Awareness resources for the school.

Activity

- *Put your ribbons on and wear with pride!*
- *Discuss kindness and encourage children to draw, colour, be poetic, write a short story, paint what kindness looks to them.*
- *We will place a box etc in the classroom and encourage children to write a short note and pop it in every time someone is kind to them.*