



CHILDREN'S  
MENTAL HEALTH WEEK  
2021

*w/c 1st February*



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.
- Please find all of the daily resources and extra PSHE resources on the website under the heading, "Mental Health Awareness Week 2021."

# 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 creative
- Thursday - focus: being resilient and overcoming challenges - how can we deal with our worries?
- 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 you 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.



**YEAR 4 TIMETABLE**

**CHILDREN'S MENTAL HEALTH WEEK**  
**2021**



# Monday 1<sup>st</sup> 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 causes some to thrive while others fail in the face of a challenge?
- *Today's activities:* (Please find these in the resources folder on the website)
- *What Makes Me, Me*
- *LO: To understand what traits make us who we are*



# LO: To understand what traits make us who we are

## What makes me, me

Draw a picture of yourself below. What characteristics do you have that makes you, you? Label the characteristics to your body.



- + Kind
- + Helpful
- + Happy
- + Polite
- + Bubbly
- + Chatty
- + Loud
- + Quiet
- + Shy
- + Careless
- + Calm
- + Wild
- + Interesting
- + Curious
- + Angry
- + Smiley
- + Enthusiast
- + A good listener
- + Argumentative
- + Thoughtful

## Being Unique - What Makes Me, Me?

Just like Unique the Unicorn, we have all different interests and hopes and dreams for the future. Think about what makes you, you. What things interest you? What's your ambition for when you are older? Do you have a particular talent or a certain hobby you enjoy? Draw or write about yourself in each of the boxes.

Things I am interested in...

Activities I enjoy doing or hobbies I have...

Talents I have...

My goals for when I am older...

# Tuesday 2<sup>nd</sup> February

- Today's focus: inspirational people
- Today's P4C question: Do we only show service because we 'have to'?
- Today's activities: (Please find these in the resources folder on the website)
- Friends and Family
- LO: To form and maintain positive relationships

# LO: To form and maintain positive relationships

## LO: To form and maintain positive relationships

Read each statement and decide whether you think this relationship is positive or negative.

1. My mum and dad argue all the time. As soon as my dad walks into the house they start shouting at each other.

Positive  Negative

Why? \_\_\_\_\_

2. My best friend is always telling me to do things, she even took my phone off me because I wouldn't stay out with her.

Positive  Negative

Why? \_\_\_\_\_

3. My brother waits for me when I come out of school because he doesn't like me walking home in the dark on my own.

Positive  Negative

Why? \_\_\_\_\_

4. My dad doesn't like my mum going out.

Positive  Negative

Why? \_\_\_\_\_

5. My mum told my brother he wasn't allowed to see his friends for a week because he got into trouble at school.

Positive  Negative

Why? \_\_\_\_\_

Can you think of some of your own statements to discuss with an adult?

Can you say whether you think they are positive or negative examples of relationships and most importantly **why** you think that? Write a P or N in the box.



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Wednesday 3<sup>rd</sup> February

- Today's focus: being creative
- Today's P4C question: Is someone born with a caring personality or is it learned?
- Today's activities: (Please find these in the resources folder on the website)
- Being Unique
- LO: To know actions affect myself and others

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## Doing the right thing

In pairs, take it in turns to be Familiou and the other girl in the clip. Practise role playing what you might say to Familiou if you had treated her this way.



<http://www.bbc.co.uk/education/clips/zkhmhyc>

- How did Familiou feel?
- What would the right thing have been for her friend to do? Why?
- What could you say if you had treated Familiou this way and you needed to apologise?



# Thursday 4<sup>th</sup> February

- Today's focus: being resilient and overcoming challenges - how can we deal with our worries?
- Lots of activities on the website <https://www.time-to-change.org.uk/get-involved/time-talk-day>
- Today's P4C question: Does it make any difference to how you feel about yourself whether you are generally optimistic, or generally pessimistic?
- Today's activities: (Please find these in the resources folder on the website)
- Solving Problems and Making Them Better

LO: To solve problems and cope with difficult situations



**On Time to Talk Day we aim to get the nation talking about mental health.**

Here's everything you need to know:

- Time to Talk Day 2021 is on Thursday 4 February.
- 1 in 4 adults and 1 in 8 young people will experience a mental health problem in any given year, which is why talking about mental health is so important.
- Time to Talk Day is a chance for all of us to talk about mental health, to listen, to change lives.
- A small conversation about mental health has the power to make a big difference.

**time to change  
time to talk day  
04/02/21**

**Let's start talking.**  
To find out more about the day, visit [our website](https://www.time-to-change.org.uk).

# LO: To solve problems and cope with difficult situations

Dear Agency Head

I have been chosen to be a school council rep. I think this is a really great opportunity and I really want to be able to show people what I can do. However, my friends think that the school council is for geeks and nerds. If I accept the role then they will think I am a loser and won't want to be my friend.

What should I do?

Anonymous

Dear Agency Head

There is a new boy at our school and everyone thinks he is really cool. I've seen him and his friends hanging around the shops after school. I noticed that they were smoking and drinking. Today he asked me if I wanted to meet him after school. The popular kids never speak to me and I really want to be part of a group but I don't know if I should go.

Please help.

Anonymous

Prabjeet scored a goal in the football match but his team lost the game.

Jenny found out that she was singing a solo in the school play.

Harry and his best friend both put themselves forward for the school council. Harry was chosen, his friend wasn't.

Jalisha and her best friend Ella, both wanted the part of Cinderella in the play. Ella got the part.


POSITIVE

NEGATIVE



# Friday 5<sup>th</sup> February

- *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: Is it more important to succeed but not try, or try your hardest and fail?
- Today's activities: (Please find these in the resources folder on the website)
- *Feeling Good and Being Me*
- LO: To recognise and respond to my own feelings and others



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
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# L.O: To recognise and respond to my own feelings and others

## L.O: To recognise and respond to my own feelings and others

We can all feel angry, frustrated, upset and out of control at times. It can be difficult to manage these emotions. The way in which you decide to manage these emotions is important. The first step is to think about what makes you feel this way. Write down all the situations that cause you to feel these emotions in the boxes below.

1.
2.
3.
4.

The next step is to work out the coping strategies you can use to help you feel better. Look at the list of strategies below and circle the ones that you think could help you return to a calm state.

Drink water.		Listen to music.	
Read a book.		Count to ten.	
Find a place you feel calm.		Breathe deeply and slowly.	
Use mindfulness to help.		Paint or draw a picture.	
Tell someone how you feel.			

## L.O: To recognise and respond to my own feelings and others



I'm sad.



I'm angry.



I'm unwell.



I'm afraid.



I'm happy.



I'm excited.



I'm tired.



I'm sleepy.

# 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](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

- 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>

# 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.  
Miss Hickey, Miss Lillington and the Year 4 team are always available to speak to if you have any worries or concerns.
- Ask your parents to let school know