







Mental Health Awareness Week 18th - 24th May 2020

<p>Move like an animal (hop like a rabbit, slither like a snake, waddle like a duck and so on) or make an animal sound.</p> 	<p>Throw balls of socks from a distance. Can you improve your aim? Can you improve your distance? Challenge a family member to join in.</p> 	<p>Create your own quiet space by making a den. Ask an adult what sheets you can use.</p> 																																																		
<p>Recreate a scene from your favourite movie or book. Why not film it too?</p> 	<p>Do a quiz with your friends via video call. Or on the school community Facebook page</p> 	<p>Find out the meaning of your name (and your family's names too).</p> <p>Ryan-young royalty Michelle-who is like God Taylor-to cut Celine-heavenly Jessica-foresighted William-Vehement protector David-beloved</p>																																																		
<p>Design and make your own board game and play it with your family.</p> 	<p>Do three random acts of kindness in one day.</p> <table border="1" data-bbox="824 906 1104 1121"> <tr> <td>Let a sibling (or friend) pick a song for you</td> <td>Say sorry to someone</td> <td>Draw a picture for someone</td> <td>Share</td> <td>Play with someone you don't usually play with</td> </tr> <tr> <td>Wash up without complaining</td> <td>Say sorry if you did something wrong</td> <td>Write a note to someone</td> <td>Put a sticker on a washing machine</td> <td>Use the toilet for someone</td> </tr> <tr> <td>Make a card for someone</td> <td>Say 'good job' to someone</td> <td>Give someone a flower</td> <td>Say hi to someone</td> <td>Volunteer</td> </tr> <tr> <td>Write a nice letter</td> <td>GIVE A THUMB UP</td> <td>Color a picture for someone</td> <td>Say "Thank you"</td> <td>Make a handmade gift</td> </tr> <tr> <td>Wash a plate you use</td> <td>Clean up without being asked</td> <td>GIVE A COMPLIMENT</td> <td>Let someone else go first</td> <td>Say "I love you"</td> </tr> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> </tr> <tr> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> </tr> <tr> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> </table>	Let a sibling (or friend) pick a song for you	Say sorry to someone	Draw a picture for someone	Share	Play with someone you don't usually play with	Wash up without complaining	Say sorry if you did something wrong	Write a note to someone	Put a sticker on a washing machine	Use the toilet for someone	Make a card for someone	Say 'good job' to someone	Give someone a flower	Say hi to someone	Volunteer	Write a nice letter	GIVE A THUMB UP	Color a picture for someone	Say "Thank you"	Make a handmade gift	Wash a plate you use	Clean up without being asked	GIVE A COMPLIMENT	Let someone else go first	Say "I love you"	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	<p>Draw a thank you picture for someone who has helped you.</p> 
Let a sibling (or friend) pick a song for you	Say sorry to someone	Draw a picture for someone	Share	Play with someone you don't usually play with																																																
Wash up without complaining	Say sorry if you did something wrong	Write a note to someone	Put a sticker on a washing machine	Use the toilet for someone																																																
Make a card for someone	Say 'good job' to someone	Give someone a flower	Say hi to someone	Volunteer																																																
Write a nice letter	GIVE A THUMB UP	Color a picture for someone	Say "Thank you"	Make a handmade gift																																																
Wash a plate you use	Clean up without being asked	GIVE A COMPLIMENT	Let someone else go first	Say "I love you"																																																
1	2	3	4	5																																																
6	7	8	9	10																																																
11	12	13	14	15																																																
16	17	18	19	20																																																
21	22	23	24	25																																																

Keeping in touch with your friends, you could ask your parents/carers if you can share your work on our school community Facebook page, we love to see what you have been doing.

Remember to be safe online. You must only talk to people who you know. Grandparents especially will be pleased to hear from you.

Remember to keep washing your hands for 20 seconds – the germs hate it! Hand washing is your Super Power!

