



Sorn Primary School will be taking part in 'Children's Mental Health Week 2021' from 1<sup>st</sup>- 7<sup>th</sup> February. There will be lots of fun activities throughout the week to raise awareness for children's mental health.

Keep an eye out on your class blog for the activity that will be posted each day.

Monday	<p><u>All about you!</u></p> <p>Take some time to think about yourself today. You are an amazing person! It's hard to admit that about ourselves sometimes, so let's start doing so today!</p>
Tuesday	<p><u>Circle time!</u></p> <p>We will be having a circle time on our live lesson on Thursday, check out your class blog for the task and come prepared ready to discuss your answers!</p> <p>P1/2/3- 9.30am P4/5- 10am P6/7- 10.30am</p>
Wednesday	<p><u>Express Yourself!!</u></p> <p>Music is a great way to boost your mood. Put on this song and just DANCE! Do whatever comes to mind when you hear this song, go for it and express yourself!</p>
Thursday	<p><u>Emotions!</u></p> <p>It is SO important to talk about your feelings and emotions, both good and bad. We are going to make a dream catcher that shows all of our emotions.</p>
Friday	<p><u>DRESS TO EXPRESS!!</u></p> <p>Today dress in an outfit that expresses your feelings and personality. The outfit can be as bright, colourful or silly as you like! Today is all about you!</p>