



The theme of Children's Mental Health Week is **Express Yourself**. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself. This is important all year round but we think right now we all need to remember that we need to take time out and to **Give Emotions Time**.



<p style="text-align: center;"><u>GET ARTY</u></p> <p>The Place2Be Art Room team are specialists in using art to support and enhance children and young people's wellbeing. They have created lots of art projects to encourage children to create something they want to make and strengthen social and emotional wellbeing. Some activity ideas have been included in your pack. Visit the website for lots more The Art Room at Home - Place2Be</p> 	<p style="text-align: center;"><u>GET MUSICAL</u></p> <p>Create a song all about yourself.</p>  <p>Listen to your favourite song and create a dance routine to go along with the song.</p> <p>Listen to some classical music and play music based games https://www.classicsforkids.com/</p> <p>Create musical instruments from things you find in the house or garden and create your own happy tune.</p>	<p style="text-align: center;"><u>GET MINDFUL</u></p> <p>Mindfulness colouring is a great way to slow down focus and notice details. You have some pictures in this pack to colour. Why not have a go creating some of your own mindfulness colouring pictures for others in your family to colour. Be proud of your work and put it on display in the house.</p>  <p>Breathing activity from Play Scotland</p>
<p style="text-align: center;"><u>GET PLAYING</u></p> <p>MAKE TIME TO PLAY EVERY DAY Time, permission, space and opportunity to play are essential for children's mental and physical health, wellbeing and resilience.</p> <p>Play Scotland has a wide range of activities for families.</p>  <p>Play Scotland, the national expert in Play</p> <p>Play-Scotland-Parents-Play-Pack-3.pdf</p>	<p style="text-align: center;"><u>GET ACTIVE</u></p> <p>Get outdoors and boost your wellbeing. Why not use the Daily Mile track in Carlibar Park or try out some 2021 Daily Mile family challenges. https://thedailymile.co.uk/at-home/</p> <p>Include Me2 Club have created some Well Warriors Treasure Hunts Go find it activity sheets.</p> 	<p style="text-align: center;"><u>GET INTO NATURE</u></p> <p>In nature, children can run, jump, hop, skip, climb, roll, and shout. This reduces tension, anxiety, and restlessness. Nature enhances a sense of peace and often brings out nurturing qualities in children.</p> <p>RSPB Challenges</p> <p>Royal Horticultural Society - Family ideas</p> 

We hope that there is something here that will be of use to every family.

Have fun exploring.

If you find something that your family likes and want to share this with us your child can use Google Classroom or tweet us @Carlibar Primary

We have included links to some websites that you may find of use.
They all include a range of sources of advice to support wellbeing.
They have information for adults and children and are updated regularly.
This guide will be emailed to you so that you can access the links easily.

<https://blogs.glowscotland.org.uk/er/healthierminds>



Welcome to Healthier Minds, East Renfrewshire's guide to promote the mental wellbeing of our children and young people.

Emma our Wellbeing Support worker created a guide for families that was emailed out to parents. A copy of this can be accessed [here](#).

The Children's First website has lots of great ideas and support for families.



[PARENTLINE](#) has a website and confidential phonenumber



On the school website we have created a page of links to a wider range of websites offering general information and support on a range of Health and Wellbeing topics.

<https://blogs.glowscotland.org.uk/er/Carlibar/health-and-wellbeing/>