

February - Mental Health Awareness



Article 24 - Health, water, food and environment

Activity 1 - Make a 'Thank you' card for someone

Saying thank you is more than just good manners. It is also a way of expressing gratitude, appreciation, and recognition for someone's efforts or kindness. Saying thank you can strengthen relationships, boost morale, and create a positive atmosphere. It can also improve your own well-being, as gratitude is linked to happiness and life satisfaction.

Resources - card, arts and crafts materials

Things to think about - Encourage children to think about who they would like to make a card for, what would they like to say thank you for, and how do they think the person will feel when they receive the card

Record - SeeSaw post/add a card into the floorbook **Date/ week covered:**

Activity 2 - Have you filled a bucket today?

Firstly read the book with children. Carry out game of filling others buckets. What would you put in your own bucket to feel happy? What could you put in others to make them feel good? What would empty someone's bucket?

Resources - Book - 'Have you filled a bucket today?' buckets and picture cards/words.

Record - Directly into floorbook

Date/ week covered:

Activity 3 Self-praise and acknowledgment -

To support our mental health it is important to be kind to ourselves and acknowledge and celebrate our own strengths. Carry out a show and tell where children can share with others something they are good at - could be a photo, a certificate from a club, a medal, their dancing shoes etc. **Communicate this to parents the previous week before carrying out - to add a photo to seesaw or child to bring in item**

Things to think about - Personal skills/strengths are very individual - they can be every day activities that children may carry out like preparing dinner, drawing pictures etc. Staff should role model by sharing something that is a strength of theirs.

Record - Seesaw post

Date/ week covered:

Activity 4 for 3-5 and 2-3 room) - Mindfulness yoga sessions at the woods/in the garden

Yoga can be a powerful tool to enhance mindfulness, and an essential part of mental wellbeing. Yoga encourages focus on breathing, and to become more aware of your thoughts and feelings. Yoga incorporates relaxing techniques so when feeling stressed/anxious/frustrated a yoga session can help to feel calmer. Carry out yoga sessions with children, as well as sharing some yoga sessions to try at home as a family.

Resources - speaker and ipad. Yoga session sheet.

Things to think about - Try to create a calming surrounding for children for this experience, smaller group numbers per session to allow for less noise and distraction.

Record - SeeSaw post

Date/ week covered:

November

Anti-bullying (focus on friendships) - Article 15 and Article 19 Responsible & Included

By bringing awareness to Anti-bullying week, we are educating our children how to prevent and address acts of unkindness. It will emphasise the importance of fostering a culture of respect and support, where bullying is not tolerated, and every person is valued. This, in turn will support our children's personal, social and emotional development.

Throughout the month of November we will be engaging in activities that focus on peers working together as well as celebrating our unique characteristics and attributes. Children will collaborate, share ideas and support one another.

Strategies are already instilled within our playroom which give our children the key skills to develop empathy, kindness and speaking up for ourselves such as weekly PATHS sessions, our golden rules and staff using positive reinforcements towards friendships and acts of kindness e.g. proud cloud.

Article 15 - I have the right to meet with friends or join groups.

Article 19 - I have the right to be protected from being hurt or badly treated.



SHANARRI LINKS

