

October UNCRC focus - World Mental Health Month

Article 24 - Health education **Article 6** - Life, Survival and Development

Activity 1 - Animal Parade - [Claire and Phillipa \(ECO\)](#)

Have children walk or move like different animals, discussing how it makes their bodies feel strong and helps their minds.

Resources - Optional - could use music to help inspire children, this activity is to take place outdoors - make use of outdoor space or a trip to the woods in natural surroundings.

Things to think about - ECO - Talking about the benefits of walking rather than using transport and the impact this has on environment.

UNCRC - The benefits of being outdoors. How did the children feel after fresh air? How did children feel physically and mentally after moving their bodies and taking part in exercise?

Activity 2 - Map Making ([STEM](#))

Using the promethean board, use Google Maps to locate Largs Early Years Centre and their home address (if known) or their favourite park, shop etc. Screenshot the map, and encourage child to trace a route digitally from the nursery to the destination. Print this off and children can take away map to go a walk with family following their route.

Resources - Promethean Board, Printer,

Things to think about - UNCRC - Talking to children and the mental and physical benefits of incorporating daily exercise and making use of outdoors into their daily lives.

STEM - Making use of different technologies, discussing the different routes and comparing the distances

Activity 3 - 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 - Giving compliments and displaying kindness can have a big impact on others self-esteem as well as how you feel yourself after doing so. Discuss how the person receiving the card may feel.

Activity 4 - Blow Paint Monsters

Making Blow paint monsters to support children in using different breathing techniques. Put drops of diluted paint on paper and have children use straws to blow the paint around, creating unique "monsters." They can then add googly eyes or other features.

Resources - Straws, paint, paper, googly eyes, breathing info card. **Things to think about** - discuss with children the benefits of practicing different breathing techniques, these can be used to support children to feel calm when they are frustrated, angry, nervous or sad.

October UNCRC focus - World Mental Health Month