

Mental Health Awareness Week May 2020

This week is Mental Health Awareness week. With the huge changes in our lives over the past few weeks it is more important than ever to be pro-active and protect our mental health. Here are some activities you can try at home by yourself or with your family. The theme of Mental Health Awareness Week 2020 is:

Kindness

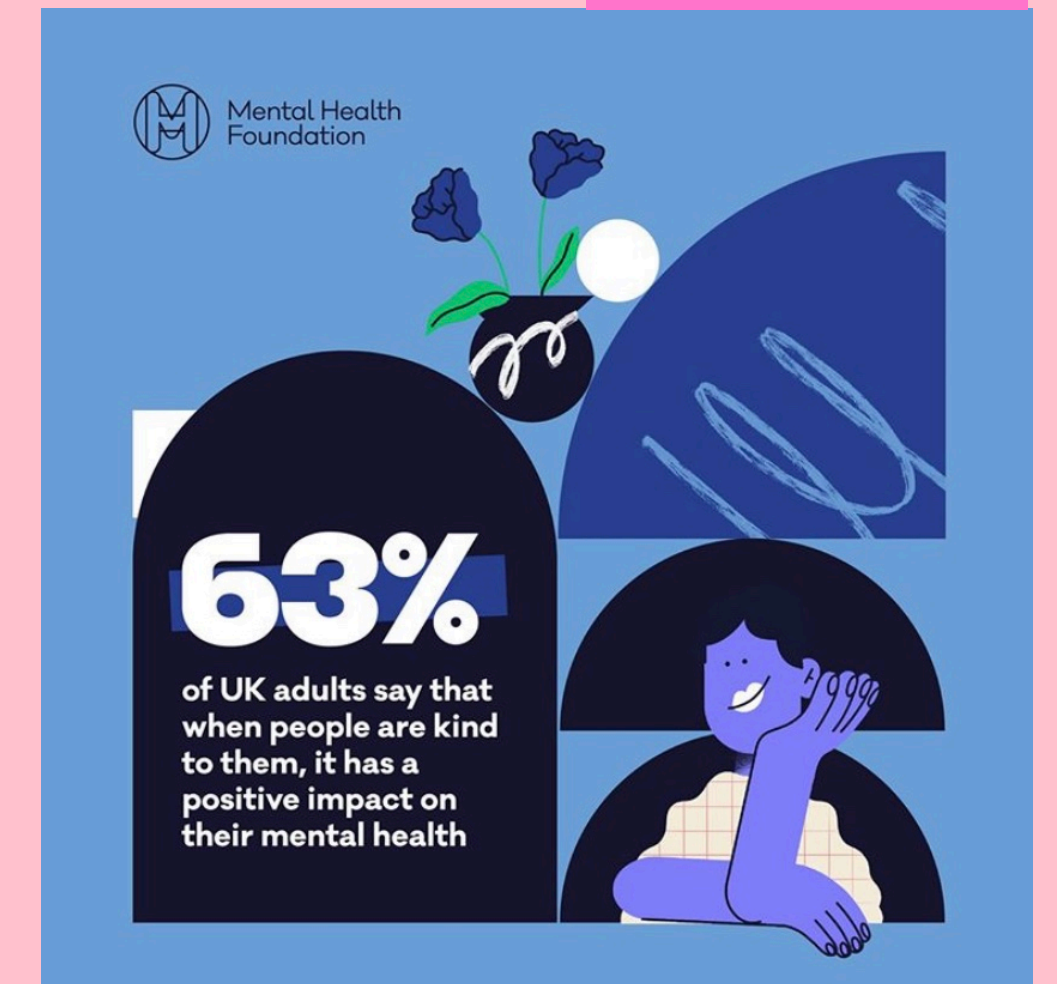
How do you feel when someone is kind to you? Think about how you felt receiving all your kindness notes earlier in the year. It can make a massive difference to how someone feels!

Here are some tasks to help us all spread a little bit of kindness over the next wee while.

How many will you attempt?

1. Be kind to yourself - we are all going through major changes and disruption at the moment. It's OK to find it hard. Be kind to yourself. Try doing something you love doing, whether it be TikTok dances, chat to a friend online or give your pet a cuddle!
2. Write a letter to a friend/relative - I received a card from my friend last week and it was the highlight of my day! Design a card and send to a friend through the post. Write a little note telling them how much you are looking forward to seeing them soon.
3. Mindfulness breathing - we practised mindfulness breathing in class. Take a few minutes each day to practise your mindfulness breathing, it is a way of being kind to yourself!
4. Use Teams to share a kind comment on a post - let's encourage each other and say hello!
5. Create an inspirational quote - instructions on the next page!

Did you
know...



How to create a motivational quote

Even if you don't feel you need it, a kind message can really make a difference to someone else!

Create your own motivational quote using a smart phone, or make a digital poster on a computer. If you post them on Teams, we can use these to remind ourselves to look for the positives if we ever feel down.

Here are the steps using an iPhone, but it can be done using any Smart Phone or tablet.

Step 1: Select a picture you would like to use and save the picture to your device by taking a screenshot. It can be of anything you like!

Step 2: Select the edit feature for your selected picture.

Step 3: Select the circle with the 3 dots at the top right hand side of the photo.

Step 4: Select the option called Mark-up.

Step 5: Press the + sign at the bottom right hand corner of the screen and choose text. A text box appears and you can edit in your quote. I have also used an emoji and added a box.

Step 6: Play about with your text and position your quote on the screen where you think it looks best and share with us on Teams!

