

EMOTIONAL/MENTAL WELLBEING

Sit back, relax and watch this assembly to learn all about why expressing yourself is so important for your mental health!

https://www.childrensmentalhealthweek.org.uk/news/watch-our-children-s-mental-health-week-assembly-with-bafta-kids-and-oak-national-academy/

CREATIVE/EMOTIONAL WELLBEING

Have a sing-song! We have sung lots of these action songs in our assemblies – see what you remember –“Hello”, “Build up”, “Stronger” youtube.com/watch?v=Yh3ODIg8elI

**You are part of our Deans Family!**

PHYSICAL WELLBEING

<https://www.bbc.co.uk/teach/supermovers/pshe-super-mood-movers/zm2gydm>

These videos were created by Children in Need and the Premier League. Choose from 5 for Ks1 or KS2.

**You are kind!**

CREATIVE/PHYSICAL WELLBEING

<https://www.childrensmentalhealthweek.org.uk/news/i-express-myself-through-virtual-sessions-on-creative-expression/>

Choose from art or dance – with Oti Mabuse!

**Deans Primary School – Our Wellbeing – “EXPRESS YOURSELF” For week beginning 22nd Feb 2021**

The key to successful learning at Deans Primary School is ensuring that all of our pupils and families feel emotionally, ment!ally and physically well. We have carefully thought about these activities to give you time away from a computer screen where you can enjoy some fresh air, being outdoors and continue to develop positive emotional, physical and mental wellbeing. These activities can be completed, at any time throughout the week!

**You are brilliant!**

**You are brave!**

**You are special!**

**You are loved!**

CREATIVE WELLBEING

<https://www.childrensmentalhealthweek.org.uk/news/i-express-myself-through-virtual-sessions-on-creative-expression/>

Choose from writing or acting!

MENTAL WELLBEING

Relax and listen to some Disney music for mindfulness !

https://www.youtube.com/watch?v=l7DVd3nwdaw