



[Click here to view our four schools SWAY containing all of our in school and at home activities for Children's Mental Health Week](#)



[#4schools2communities1message](#)

<b>Mindful Monday</b>	Play the gratitude game – come up with three things you are grateful for and share on our Padlet- <a href="#">CLICK HERE</a>
<b>Talk It Out Tuesday</b>	Try some of these conversation starters to mark Safer Internet day 2022 - <a href="#">CLICK HERE</a>
<b>Walking Wednesday</b>	Family Scavenger Hunt – find me on the SWAY 😊
<b>Thoughtful Thursday</b>	Discuss our random acts of kindness and plan one together as a family – share your ideas <a href="#">CLICK HERE</a>
<b>Funky Friday</b>	As a family, choose your favourite song and come up with a dance – send us a video to our school inbox!