

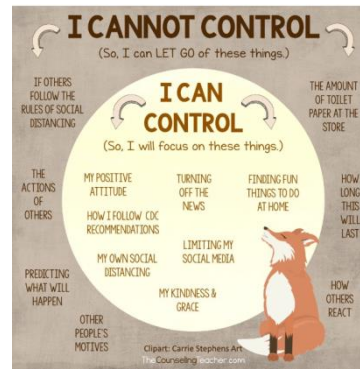
# Mental Health Awareness Week **choice board** (a reduced screen time afternoon)

## Connect

Interview a family member about what it was like for them growing up. Learn at least 5 things! This could be someone you live with or maybe face time/call a relative.

## Take notice

Make your own circles of control. What things can you control during lockdown? What is out with your control? These are the things you can let go of.



"Being kind to yourself is one of the greatest kindnesses," said the mole.

What do you think this quote by Charlie Mackesy means? Can you write your own positive message?

## Give

Find a stone then decorate it with a positive message. You could give this to someone to lift their spirits or leave it in your community to start a positive pebble trail!



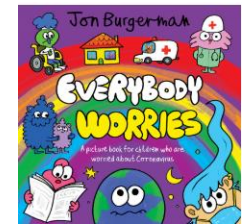
It is **Mental Health Awareness Week**. This is always important but particularly during this period of change during Lockdown. Take the time to focus on your wellbeing, away from your screens with these activities.

## Take notice

How are you today? If you are feeling worried, you are not alone! Read this e-book.

<https://home.oxfordowl.co.uk/books/jon-burgerman-everybody-worries-free-ebook/>

Share your worries with a trusted adult



## Keep learning!

Check in with your family and ask them how to do a chore that would help them around the house. Could you learn to put a washing on? Cook something delicious? Hang the washing out?

## Be Active

Draw. Run. Walk. Cycle. Scoot. Dance. 'PE with Joe'. Or even do some yoga...

<https://www.youtube.com/watch?v=Td6zFtZPkJ4>

## Connect

Create your own family wish jar. Every time you 'wish' you could do something, write it down and pop it into a jar. Watch as your jar fills with wonderful things to look forward to in the future!

