

To mark Children's Mental Health Awareness Week, we've designed this planner with some daily activities you can do with your class remotely or in person to support their wellbeing.



## Monday - Connect

Try to engage your class with their family or friends. They could write a letter or draw a picture for someone they're missing. Other suggestions can include asking them what their favourite song is and how it makes them feel or encouraging them to connect with and talk to family pets. Anything that will make them feel connected to the moment.



## Tuesday - Keep Learning

Encourage your class to learn something new, perhaps a phrase in another language, a dance routine or even some baking. You could even host a virtual 'show and tell' or talent show for them to showcase their new skills!



## Thursday - Take Notice

Ask your class to take notice of the little things giving them joy and share them with you. Have they got a favourite meal at the moment, what makes it special? What's their favourite moment of the day at the moment and why?



## Wednesday - Be Active

Find out what your students are doing to stay active every day. Ask questions about what they've seen when they've been outside. Encourage use of free virtual PE classes such as those held by The Body Coach, or even suggest that they put on their favourite music and have a dance around while they're at home.



## Friday - Give

Remind students that using their time and words kindly for others will also make them feel good! If they're on social media, remind them to spread kindness, not hate. You could even suggest they keep a gratitude diary, writing something every day that they are grateful for or that has brought them joy.

**While these steps can help to improve children's mood and wellbeing by allowing them to focus on the good and feel connected to the world around them, if a student in your care is showing signs of mental ill-health these steps cannot be used in lieu of effective intervention. Always follow your safeguarding policy when you are worried about the mental health or wellbeing of a child or young person.**