Monday 18th – Friday 22nd May

Mental Health Awareness Week

Year 6

As this week marks mental health week, we though we would give you a series of activities this week that reflect that.



1. Complete the attached Wellbeing Daily Diary
2. Create a ‘Thigs to Look Forward to Jar’

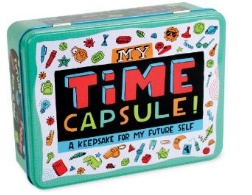
* Decorate it
* Write things that you are looking forward to on pieces of paper and place them in your jar.

*Extension: you could create one for you whole family.*

1. If you can, go for a walk with your family.

* take photographs
* collect things from nature
* have fun!
* Create memories

1. Create a time capsule that captures your life as it is now.

* Add pictures/photographs
* Fill it with things that symbolise this time e.g. face masks, toilet paper
* Add a news article
* Add a list of things you have been doing e.g. films you’ve watched
* Add a letter to your future self

*Extension: Ask your whole family to get involved and add things*

1. Show yourself gratitude by doing the one or some following things:

* Treat yourself with something you like e.g. chocolate
* Have a relaxing bath
* Plan a day of doing no work and fill it what you love
* Ask people in your family to write down something positive about you

1. Do some five-minute boredom busters:

* Can you think of a name for each letter of the alphabet e.g. Alice, Ben, Charlie…?
* How many different animal noises can you make in five-minutes?
* Write a new nursery rhyme
* Make three wishes
* Write some jokes
* Send a message to a friend or relative
* Write a quiz
* Create a menu to for perfect meal
* Find each digit from 0-9 in your house and garden
* Do an exercise circuit
* Think of a word, how many other words can you think of to rhyme with it.

**\*\*In addition to these activities this week you are still encourage to read daily, go on TT Rockstars and get exercise \*\***