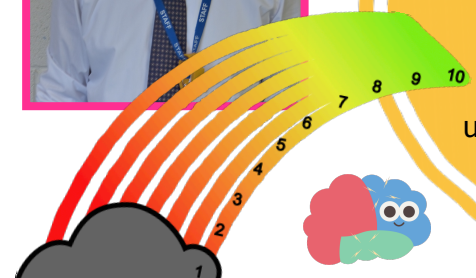
FLORENCE MELLY COMMUNITY PRIMARY SCHOOL

MENTAL HEALTH SUPPORT!

IF YOU CAN DREAM IT, YOU CAN DO IT!

MenMental Health and Well-Being Support with Mr Doyle - Issue 10
Children's Mental Health Week Special Edition!

Help, Support and Advice with our Mental Health during these challenging times. We are always here for you!



Ask yourself...

Where am I on the rainbow today? Why not try and ask somebody else where they are on the rainbow. It is really important to listen to their answer! Using our rainbow guide you can help them understand how to move up the chart towards better mental health!

Children's Mental Health Week is taking place between 1-7 February 2021. That's this week! Yippee!

This year's theme is: **Express Yourself.** They have an action-packed and fun-filled schedule for you all to enjoy and some amazing, free resources! And the best part...we are getting involved! For more details, check out their fab website:

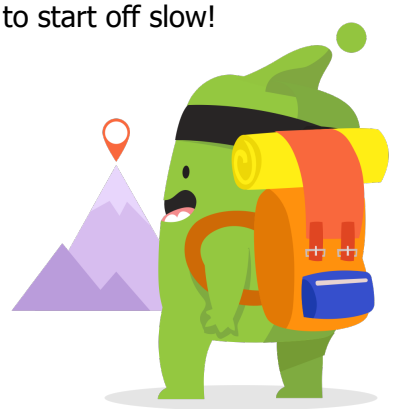
www.childrensmentalhealthweek.org.uk

In this week's edition, we will be focussing on...EXERCISE!

It has been said that regular exercise plays a big part in your Mental Health and Well-Being. It can improve issues like stress and can lead to an increase in confidence and self-esteem, plus reduce anxiety. So get up and get moving but don't forget to start off slow!

Have a go at these activities...

- Why not have a work out with Joe Wicks: The Body Coach!
- Or maybe the bear crawl: www.youtube.com/bearcrawl
- Play **'Home Court'** 🏀 Are you ready to test your agility? Mr Derbyshire has challenged you to test your reaction time! Check out his score here! Do you think you can beat his score? Click here for more information on how you can challenge him! Post your Home Court scores and exercise video clips on our Twitter feed!



Click on the YouTube video above and 'draw your feelings'!

We have a page designated specifically to supporting the mental health and well-being of our school community: https://florencemelly.org/parents/community-support/. Please check it out! Any suggestions about how we can improve this page, please let us know!

IT'S OK NOT TO BE OK!