

Children's Mental Health Week

1-7 February 2021



Inside Out Day: Wednesday 3rd February



Wear an item of clothing inside out!

Be kind always, you never know how someone is feeling inside.

More information can be found:

<https://www.insideoutday.org.uk/inside-out-day-2021>

Looking after your Mental Health and Wellbeing



Plan your day

As tempting as it might be to stay in your pyjamas all day, regular routines are important for a healthy body and a healthy mind. Plan a focus for the day e.g. to read 2 chapters of your book, design a new game.

Move more every day

Being active reduces worries, increases energy levels and can make us more alert and help us sleep better.



Try a relaxation technique



Relaxing and focusing on the day can help our mental health. Why not try some children's yoga during the day. Below are the yoga links:

<https://video.link/w/sCPMb>

<https://video.link/w/1CPMb>

Connect with others

Find fun ways to keep in touch with your family and friends, e.g. sharing a joke, playing a game together, reading a story via face time or phone. You could send a friendly text or post a drawing or a letter to a friend.



Take time to be grateful

Make time each day for you and your family to think about what went well. It is important to recognise your successes and the things you are grateful for, no matter how small. You could start a diary where you write or draw two or three things you have been proud about or are grateful for that day.

Improve your sleep

Aim to go to bed and get up at the same time each day and try and get some natural sunlight by opening curtains, etc. This helps you sleep better. Also, relax before bed by avoiding tablets, phones and computers an hour before bedtime



Support and advice for Parents and Children



This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family:

<https://www.nhs.uk/oneyou/every-mind-matters/>



The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website:

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents>



Young Minds - <https://youngminds.org.uk>

Communicate any concerns with school

If you have any worries or concerns about your child's wellbeing, then please let school know.



We have been using this approach with children for the past 2 years. It is important to look after our mental health.

Here are five things that, according to research, can really help to boost our mental wellbeing.



5 Ways to Wellbeing



ACTION CALENDAR: FRIENDLY FEBRUARY 2021



MONDAY

1 Send someone a message to say how much they mean to you

8 Share what you're feeling with someone you really trust

15 Smile at the people you see and brighten their day

22 Give sincere compliments to people you talk to today

TUESDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

WEDNESDAY

3 Do an act of kindness to make life easier for someone else

10 Look for the good in people, even when they frustrate you

17 Respond kindly to everyone you talk to today, including yourself

24 Tell a loved one about their strengths that you value most

THURSDAY

4 Organise a virtual 'tea break' with colleagues or friends

11 Send an encouraging note to someone who needs a boost

18 Appreciate the good qualities of someone in your life

25 Thank three people you feel grateful to and tell them why

FRIDAY

5 Show an active interest by asking questions when talking to others

12 Focus on being kind rather than being right

19 Share a video or message you find inspiring or helpful

26 Give positive comments to as many people as possible today

SATURDAY

6 Get back in touch with an old friend you've not seen for a while

13 Send a friendly message of support to a local business

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

SUNDAY

7 Make an effort to have a friendly chat with a neighbour

14 Tell your loved ones why they are special to you

21 Actively listen to what people say, without judging them

28 Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/friendly-february

Happier · Kinder · Together