

## **Maintaining Good Mental Health and Well-Being during School Closures**

### **Activities**

We will share activities for you to try as a family: to help you feel grounded and stay mentally healthy.

#### **Activity One - Breathing**

Breathing is especially important for self-regulation and can help us to both keep our tempers and stop feeling anxious. This week we recommend that you visit the Calm Zone and try their breathing exercises: <https://www.childline.org.uk/toolbox/calm-zone/>

#### **Activity Two - Playing**

As well as being a lot of fun to do, playing with our families can help us build stronger relationships. Especially if you find a game in which you are all working together as a team.

You could try blowing up a balloon and gently tap it in the air to see how long you can all keep it off the ground together.

Or practise making and flying paper aeroplanes and see if you can get the BEST design. How far does it go? (This could be done with old magazines and newspaper so you don't have to use your precious drawing paper!)

Share your ideas with us using your year group email address.

#### **Activity Three – Calming Our Worries**

Think about what you enjoy doing to keep calm, then make a poster of ideas you can look at when they feel anxious. You could write the ideas on lolly sticks or scraps of paper, to be pulled out to use when you feel anxious. Make sure to include breathing, exercise, sleeping well, eating a balanced diet and drinking healthily.

You could work together as a family to create a poster for everyone to use.

#### **Activity Four – Making Connections**

We all miss our friends and families at the moment, and I'm sure many of us have spent time on video calls to them in recent weeks.

Another way to feel connected is by sending post! Work together as a family to create postcards, letters, or pictures and send them to your friends and relatives.

#### **Activity Five- Getting Outside**

Fresh air is good for us, and it is believed that viruses spread less outdoors. As many of you have been enjoying time outside in the sun with our recent spell of lovely weather, why not join in with the Wildlife Trust's 30 Days Wild Challenge?

In the folder you will find activities such as Random Acts of Wildness cards; a bingo sheet to use on your outdoor walks; a poster to colour and a tracking sheet to keep track of what you have done each day.

Here is a link to explore further activities, such as creating a nature sounds map.  
<https://www.wildlifetrusts.org/30-days-wild-homeschooling>