

A graphic banner for World Mental Health Day. The background is a gradient of warm colors, from light orange to bright yellow. A large, black, brush-stroke-like shape is centered on the page, containing the text. The text is white and reads "World Mental Health Day" in a large, sans-serif font, with "SATURDAY 10TH OCTOBER" in a smaller, all-caps, sans-serif font below it.

World Mental Health Day

SATURDAY 10TH OCTOBER

Wellbeing Week- 12th-16th of October



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Monday-Connect

Write

Write the name of a vulnerable person you are protecting when you wear your mask on a post it and put on classroom wall

Find out

Find out something you have in common with a classmate either side of you

Make

Make a cup of tea for someone at home

Phone

Phone detox – pick an hour this evening during which you will give up your phone & talk to your family
Or
Phone a friend

Tuesday- Be active



Walk or Cycle to school [if possible]



Do an online fitness class



Write down your physical activity for the week. Could you add more to it?



Set yourself a fitness challenge –5k a day

Wednesday- Keep Learning



Drop everything and read



Look up a new recipe and cook it



Learn a few words in a new language



Make sure you are up to date with the technology we are using in school

Thursday- Take Notice

1

Notice your posture and breath

2

Write 3 things you are grateful for and start a gratitude journal

3

Download a mindfulness app or try yoga

4

Look outside at nature and the trees in the park

Friday-Give back

01

Give a donation to a Charity of your choice

02

Get some fresh air

03

Make someone a cup of tea or help at home

04

Offer to help someone in need