







# NATURE

10 - 16 May

## Mental Health Awareness Week

<p><u>Move it Monday</u></p> <p>Run at your own pace for 15 minutes, to benefit physical, social and mental health.</p> 	<p><u>Talk Tuesday</u></p> <p>Encourage conversation skills with a 'walk and talk'</p> 
<p><u>Walk Wednesday</u></p> <p>The aim of this is to get every child that can, walking to school.</p> 	<p><u>Top Tips Thursday</u></p> <p>Try these garden themed yoga poses</p>  <p><a href="https://childhood101.com/yoga-for-kids-a-walk-through-the-garden/">https://childhood101.com/yoga-for-kids-a-walk-through-the-garden/</a></p>
<p><u>Feel Good Friday</u></p> <p>Take a moment to celebrate each other's achievements!</p> 	<p><u>Strolling Saturday</u></p> <p>Whilst out and about, try some mindful walking. Notice 5 things you can see, 4 things you can feel, 3 you can hear, 2 you can smell, then take one deep breath.</p> 
<p><u>Supportive Sunday</u></p> <p>Find out about local services and support for children and young people's mental health and wellbeing here:</p> <p><a href="https://www.kentandmedwayccg.nhs.uk/mental-wellbeing-information-hub/children-and-young-people">https://www.kentandmedwayccg.nhs.uk/mental-wellbeing-information-hub/children-and-young-people</a></p> 