

Children's Mental Health Week



With adults and children continuing to struggle with their mental health in the current lockdown and Children's Mental Health Week approaching (1st Feb - 7th Feb) we wanted to remind you of the helpful online resources available to you and/or your child.

Tips, advice and where to get support for your child's mental health during the coronavirus (COVID-19) pandemic

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

Resources to boost your child's wellbeing.

During the Covid-19 pandemic, we're all feeling less secure and missing our usual routines. But just as doing exercise improves physical health, you and your child can do activities to boost their mental health.

<http://www.partnershipforchildren.org.uk>

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>





During Children's Mental Health Week, 1st Feb – 7th Feb why not try the following activities:

Monday

Spend some time reading

Tuesday

Create a positivity jar

Wednesday

Do a #DRAWWITHROB session

Thursday

Go for a walk at lunchtime

Friday

A yoga session

Saturday

Create artwork to match your mood

Sunday

Explore a new outside area