



North Elmham CEVA Primary School
Stibbard All Saints CEVA Primary School
Flourish Federation

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Sunday 31st January, 2021.

Dear Parents/Carers,

This is a reminder it's Children's Mental Health week from Monday 1st February to Sunday 7th February. This year's theme is 'Express yourself', and is about finding ways to share feelings, thoughts or ideas through creativity. Mr Arter sent a letter out last week highlighting our Federations "This is me" challenges;

Challenge 1; write a poem that celebrates you and record your poem aloud.

Challenge 2; create a video of you either dancing or singing along to the song 'This is me' from The Greatest Showman.

Here's a link to the video on YouTube and the lyrics are on both school websites as well; <https://www.youtube.com/watch?v=wEJd2RyGm8Q>

As well as these challenges Flourish Federation have decided to take part in 'Inside Out Day' on Wednesday 3rd February. This is being run by an organisation called 'Now and Beyond', who are encouraging us to wear one (or more) items of clothing inside out on Wednesday to remind us that you never know how people feel on the inside. We think it's a lovely idea and after all who doesn't enjoy wearing their clothes in a silly manner from time to time?

Place2Be, alongside Oak National Academy and BAFTA kids, have also created a free assembly on the theme of 'Express Yourself'. The assembly will be available to all schools and families at 9am on Monday 1st February – and will feature pupils and well-known faces discussing the theme of Children's Mental Health Week, as well as ways that children and young people can get involved at home. It will be hosted by Blue Peter's Lindsey Russell and CBBC Presenter and Place2Be Champion Rhys Stephenson. Here's a link;

<https://www.childrensmentalhealthweek.org.uk/news/children-s-mental-health-week-assembly-with-bafta-kids-and-oak-national-academy/>

As the majority of pupils are now at home, the assembly will provide an easy way to bring the nation's children together (virtually) with a positive message about the power of creative self-expression. Famous faces and contributors will also be taking part live from their homes.

Place2Be have also created a range of free resources for your use at home, these range from top tips to helping your child express themselves, to games and activities for you to try at home together. Here's the link;

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

Here are some other ideas from Place2Be;

Monday

Happiness Jar ☺

- ▶ Find a clean jar
- ▶ Cut up paper into little strips
- ▶ Write down as many positive or happy things on the papers ☺
- ▶ Fill up your jar with all the pieces of paper
- ▶ Take 1 message out at the start of each new week and let it help you have a positive mindset for the rest of the week

WHAT YOU WILL NEED:

A clean jar
Paper
Pen or pencil
Things to decorate your jar with (if you want to)

MINDFUL MOVEMENT:
'Arms of Victory'
Either sitting or standing, breathe in, then lift your ups up high to make a wide 'V' shape. Breathe out. Stay in this pose for 3 deep breaths then float your arms gently down

Examples of what to write:
'It's ok to make mistakes'
'Everyday is a new start'
'I can be kind'
'I can try new things'
'I am a helpful person'



Tuesday

Keeping Calm and Coping

Make a Coping Wheel:

- Cut 2 circles out of card and with a pen/pencil divide it into 5 segments
- In each segment write an activity or strategy that will help you to feel better.
- On the 2nd circle, cut out 1 segment
- Put the 2 circles on top of each other
- Put a split pin in the middle to join them together
- Spin your wheel when you feel stressed or upset



Mindful Movement - 'Lifting Breath'
Sit comfortably. Put your arms by your side. As you take a deep breath in slowly lift 1 hand up. As you breathe out slowly lower your hand. Repeat with the other hand. This movement will help balance your energy and calm



"Deep breaths are like little love notes to your body."

"You create your own calm."

Wednesday

Gratitude and Generosity

- I can share what is special to me
- I am grateful for special things
- I let people know I appreciate them
- I am grateful for friends and family
- I can share with others
- I notice when other people need me
- I am thankful for favourite places
- I am proud of my efforts 😊
- I can think about what makes me feel happy



Make a 'Gratitude and Generosity' twig tree:

Find some twigs, tie the bottom together. Cut out shapes on paper or card. Write 1 thing on each shape, something you are grateful for and something you can be generous with. Remember, you can give smiles, compliments and your time to others. Hang your shapes on the tree for all to see 😊

Mindful Movement – 'Growing Gratitude'

Sit with your palms together at your tummy. Breathe in deeply, think of 1 thing you are grateful for and as you do, move your hands apart a little to the sides. Breathe out and bring them back together. Breathe in deeply again, think of 2 things now and move your hands a little further. Breathe out and bring them together again. Repeat this a few times. Every time you your hands get further apart, think of more things you are grateful for until your arms are stretched out. SMILE and BE GRATEFUL 😊

Thursday

Growth and Joy

I can be part of the problem AND the solution

I notice the world around me

I can always find hope

I can wake up grumpy but still make it a good day

Mindful Movement – 'Strong Tree'
Stand up, bend 1 knee and lift that leg up off the floor. Focus on a spot in front of you. Breathe. Imagine your other leg is growing roots into the ground to keep you strong and stable. Feel connected and grounded



Seeds of growth and Joy ♥

Growing something ourselves can be a lot of fun but it can also make us feel happy and accomplished. We need to look after our little plant carefully. When it has grown, we feel joy 😊 But we can also share that joy with others. We can share what we have grown; flowers, vegetables or fruit.

Can you start to grow something to give you or someone else joy? It will give you something to look forward to in the Spring



Friday

CREATIVITY – EXPRESS YOURSELF!

- ▶ Your mind has no limits to what it can create. Take some time to imagine ANYTHING. Far-away places, space ships, animals and plants that can talk, whatever you like 😊 Then let your hands, mind and body get creative.
- ▶ Create something to express yourself (how you feel) this could be a piece of poetry or writing, a drawing or painting, an amazing face mask, junk-modelling, dancing, crafting or even cooking or baking!



**MINDFUL
MOVEMENT FOR
CREATIVITY**
'Circle of Creations'
Standing tall, clasp
your fingers
together in front of
you, take a deep
breath in and
slowly stretch your
arms up, breathe
out. Make a circle
shape with your
arms. Take a deep
breath in and twist
to the side,
breathe out slowly.
Breathe in and
slowly turn to the
other side, breathe
out. Slowly bring
your arms down
again

We hope you all have a very mindful and creative week, and look forward to seeing pictures or videos of what you've all been up to.

Yours sincerely,
Mr Whitney
(PE Lead @ Flourish Federation)