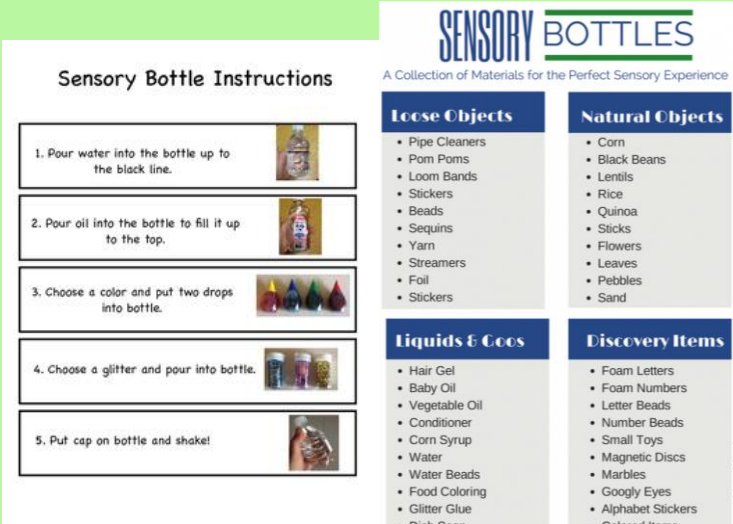



Children's Mental Health Week 2021

1-5th February

<p>Monday</p>	<p>Sensory Bottles</p> <p>Can you follow some of these instructions to make a sensory or calming bottle?</p> <p>https://www.youtube.com/watch?v=EFff7K-QQJ8 https://www.youtube.com/watch?v=GDBKn4pJ3Ks</p>  <p>The image shows a poster titled 'SENSORY BOTTLES' with the subtitle 'A Collection of Materials for the Perfect Sensory Experience'. It includes 'Sensory Bottle Instructions' with five steps: 1. Pour water into the bottle up to the black line. 2. Pour oil into the bottle to fill it up to the top. 3. Choose a color and put two drops into bottle. 4. Choose a glitter and pour into bottle. 5. Put cap on bottle and shake! It also lists materials in four categories: Loose Objects (Pipe Cleaners, Pom Poms, Loom Bands, Stickers, Beads, Sequins, Yarn, Streamers, Foil, Stickers), Natural Objects (Corn, Black Beans, Lentils, Rice, Quinoa, Sticks, Flowers, Leaves, Pebbles, Sand), Liquids & Gels (Hair Gel, Baby Oil, Vegetable Oil, Conditioner, Corn Syrup, Water, Water Beads, Food Coloring, Glitter Glue, Dish Soap), and Discovery Items (Foam Letters, Foam Numbers, Letter Beads, Number Beads, Small Toys, Magnetic Discs, Marbles, Googly Eyes, Alphabet Stickers, Colored Items).</p>
<p>Tuesday</p>	<p>Singing/ Dancing</p> <p>Can you put on your favourite song and sing and dance at the top of your voice?</p>
<p>Wednesday</p>	<p>Yoga</p> <p>Can your child take part in some relaxing yoga today? It is important to remember that we all experience different feelings, especially when we try something for the first time. Today's yoga can teach us how to manage the "I can't" thought.</p> <p>https://www.youtube.com/watch?v=KMY2pMsLiJw</p>
<p>Thursday</p>	<p>Live Lesson- Mindfulness and Creating a Worry Monster</p> <p>At 10.30 Miss Crossley will be leading our live lesson focusing on Mindfulness and learning on how to manage our worries.</p>
<p>Friday</p>	<p>Thankful Jar</p> <p>As a family can you create an ideas jar for anything you are thankful for? You could write your ideas down, draw them and put them in the jar whenever you feel thankful or grateful for something.</p>  <p>The image shows two jars. On the left is a 'Gratitude Jar' with a rainbow and the text 'Our gratitude jar'. On the right is a 'Thankful Jar' with a yellow lid and several small white cards with the text 'I am grateful for...' and drawings of things like a cat, a dog, and a plant.</p>