





Children's Mental Health Week 2021

1-5th February

Monday	<p style="text-align: center;">Sensory Bottles</p> <p style="text-align: center;">Can you follow some of these instructions to make a sensory or calming bottle?</p> <p style="text-align: center;"> https://www.youtube.com/watch?v=Eff7K-QQJ8 https://www.youtube.com/watch?v=GDBKn4pj3Ks </p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p style="text-align: center;">Sensory Bottle Instructions</p> <ol style="list-style-type: none"> 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!  </div> <div style="width: 50%;"> <div style="text-align: center;"> <p>SENSORY BOTTLES</p> <p><small>A Collection of Materials for the Perfect Sensory Experience</small></p> </div> <table border="1" style="width: 100%; font-size: small;"> <thead> <tr> <th style="background-color: #003366; color: white;">Loose Objects</th> <th style="background-color: #003366; color: white;">Natural Objects</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> Pipe Cleaners Pom Poms Loom Bands Stickers Beads Sequins Yarn Streamers Foil Stickers </td> <td> <ul style="list-style-type: none"> Corn Black Beans Lentils Rice Quinoa Sticks Flowers Leaves Pebbles Sand </td> </tr> <tr> <th style="background-color: #003366; color: white;">Liquids & Gels</th> <th style="background-color: #003366; color: white;">Discovery Items</th> </tr> <tr> <td> <ul style="list-style-type: none"> Hair Gel Baby Oil Vegetable Oil Conditioner Corn Syrup Water Water Beads Food Coloring Glitter Glue Dish Soap </td> <td> <ul style="list-style-type: none"> Foam Letters Foam Numbers Letter Beads Number Beads Small Toys Magnetic Discs Marbles Googly Eyes Alphabet Stickers Colored Items </td> </tr> </tbody> </table> </div> </div>	Loose Objects	Natural Objects	<ul style="list-style-type: none"> Pipe Cleaners Pom Poms Loom Bands Stickers Beads Sequins Yarn Streamers Foil Stickers 	<ul style="list-style-type: none"> Corn Black Beans Lentils Rice Quinoa Sticks Flowers Leaves Pebbles Sand 	Liquids & Gels	Discovery Items	<ul style="list-style-type: none"> Hair Gel Baby Oil Vegetable Oil Conditioner Corn Syrup Water Water Beads Food Coloring Glitter Glue Dish Soap 	<ul style="list-style-type: none"> Foam Letters Foam Numbers Letter Beads Number Beads Small Toys Magnetic Discs Marbles Googly Eyes Alphabet Stickers Colored Items
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Tuesday	<p style="text-align: center;">Singing</p> <p style="text-align: center;">Can you sing your favourite song at the top of your voice?</p>								
Wednesday	<p style="text-align: center;">Yoga</p> <p style="text-align: center;">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 style="text-align: center;"> https://www.youtube.com/watch?v=KMY2pMsLjW </p>								
Thursday	<p style="text-align: center;">Dancing</p> <p style="text-align: center;">Can you put your favourite song on a dance your best dance?</p>								
Friday	<p style="text-align: center;">Thankful Jar</p> <p style="text-align: center;">As a family can you create an ideas jar for anything you are thankful for?</p> <p style="text-align: center;">You could write your ideas down, draw them and put them in the jar whenever you feel thankful or grateful for something.</p> <div style="display: flex; justify-content: center; align-items: center; gap: 20px;">   </div>								