

EARLY YEARS: CHILDREN'S MENTAL HEALTH WEEK February - EXPRESS YOURSELF

	ACTIVITY EXPLAINED	RESOURCES NEEDED
MONDAY	DRAWING: THINGS THAT MAKE ME HAPPY! Can you draw a picture of your favourite thing to do such as going to the park, playing with your toys etc.	PAPER, PENCIL, COLOURED PENCILS (BUT NOT NECESSARY).
TUESDAY	HAPPY BOX: DECORATE A CARDBOARD BOX however you would like, then fill it with all your favourite things, such as your favourite picture, photograph, toy etc. If you are ever feeling a little sad, then you can get something out of your happy box to cheer you up.	ANY CARDBOARD BOX, COLOURED PENCILS.
WEDNESDAY	DRAMA - HOW GOOD ARE YOU AT ACTING? Can you pretend to be ANGRY, SAD, HAPPY, EXCITED?	CAMERA to record video.
THURSDAY	TEDDY BEAR MEDITATION. Ask your child to lie down on the floor and put a teddy bear on their tummy. Encourage your child to rest their arms by their sides with their legs flat on the floor and close their eyes. Follow the script below or simply get your child to breathe in and out slowly to relax. Today we are going to rock the teddies to sleep using our breath. Let's begin with a long, deep breath starting way down in your tummy and filling up your lungs. Then, breathe out slowly, letting your whole body relax into the floor. Let's do that again; long breath in... and long breath out. Relaxing all through the body. Let your breathing go back to its normal rhythm. Now bring your attention to your tummy. Can you feel your teddy sitting on your tummy? Rock your teddy to sleep by very slowly and gently breathing. Breathing in, rocking your teddy up. Breathing out, rocking your teddy down. Slow and gentle. Think about your breath as you rock your teddy. Is it slow? Is it shallow? Can you spot the pause between your breath coming in and your breath going out? Are they getting longer, the more you rock your teddy to sleep? Keep breathing until I clap my hands. Now I have clapped my hands, wiggle your fingers and toes. Slowly wake up teddy. How do you feel?	Teddy Bear, floor to lie on.
FRIDAY	TAKE A WALK OUTSIDE WITH A TRUSTED ADULT: Be as quiet as a mouse. What can you hear around? What can you smell around you?	

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