



Mental Health Awareness Week

18th-24th
May



Other areas of the curriculum are in these tasks - see which other skills you can identify!

Your learning will be to complete one of these tasks, along with your reading, each day! Keep an eye on our Twitter to see what we have been up to!

@NottmPrimary

We are having a Whole School Theme Week, to celebrate National Mental Health Week. All our adults have come together to give you and your families ideas of things you can do together. We are going to be focussing on 'Being Kind to Ourselves & Others'

Tell stories with your family

Five Senses walk

watch your favourite film

play outdoors

do some baking

MAKE UP A SONG

Drawing & Art

HAVE A BUBBLE BATH

Go on a walk

yoga & meditation

set yourself goals

LISTEN TO MUSIC

MAKE A DEN

sit in nature

Write a letter

Play a Board Game

Chat to your friends

MAKE A GLITTER JAR

go on a nature hunt

WATCH THE CLOUDS

PLAN A TRIP

Loose yourself in a book

List some of your best qualities

Give a compliment to someone

Create kindness cards

Paint Rocks

make a bird feeder

Play an adventure game

MAKE A MOOD BOARD

DIY STRESS BALLS

Positivity Jar

Mindfulness 5-4-3-2-1

Grow your own vegetables

Do a chore for your family

Breathing Exercises

Maths Treasure Hunt

write a journal

Family Story Night