

09:00 – 9:30	9.30 - 10:00	10:00 - 11:00	11:00 – 12.00	13:00 – 14:00	14:00 – 15:00	
PSHE	CONNECT - ZOOM CALL	KEEP LEARNING	BE ACTIVE	GIVE	TAKE NOTICE	STORY TIME
<p>Click on your class name for an introduction to our mental health awareness day under the theme Express Yourself. We are going to spend the day working on 5 pillars for positive mental health:</p> <p>Give Keep Learning Be Active Take Notice Connect</p> <p>4Tendulkar</p> <p>4Simmonds</p> <p>4Farah</p>	<p>Connect</p> <p>Take part in our class zoom to talk about what we are going to do be doing today.</p>	<p>Keep Learning</p> <p>Can you learn a new skill today? How to play cat's cradle, make a friendship bracelet, bake bread, helping with dinner?</p> <p>Or take this time to learn about something which has always interested you: What is it like in Papua New Guinea? What is the longest river and what is it like in the countries it travels through? How do I draw realistic flowers?</p> <p>Express yourself: Which style of learning suits you best?</p>	<p>Be active</p> <p>Go for a walk, jog, run, or take part in one of Joe Wicks's PE workouts.</p> <p>Express yourself: Which type of exercise do you most enjoy?</p>	<p>Give</p> <p>Take time to do something for your family, a friend or your community. Is there something helpful you could do around the house? Could you write a letter/ make a gift for a friend/ family member? Could you go on a walk and do a litter pick to improve your local area (with an adult!).</p> <p>Express yourself: Which plays to your strengths?</p>	<p>Take Notice</p> <p>Pause and observe what's going on around you. Take a break and reflect on what you're feeling. Write a poem/ do some art to capture this moment.</p> <p>Express yourself: How else can you capture this moment?</p>	<p>Chapter 19 – Mr Stink Read by Miss Moreira</p>

Please photograph yourself doing these activities and let us know how you felt and what you enjoyed.

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