

09:00 – 9:30	9.30 - 10:30	10:30 - 11:30	12:30 - 13:30	13:30 – 14:00	14:00 - 15
PSHE ASSEMBLY	GIVE	KEEP LEARNING	BE ACTIVE	CONNECT - CLASS ZOOM	TAKE NOTICE
<p>Watch the video introduction from your class teachers for our mental health awareness day. The theme is Express Yourself and 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>You can also watch this short clip from Ms Brown.</p> <p>Watch the video to see why it is important for us all to consider not just our mental health but others too!</p>	<p>Special Card and Poem Take time to do something for your family, a friend or your community. One idea, is to make a card for an elderly relative or a close friend you cannot see or speak to so often in these difficult times. Perhaps you could write a little poem inside or a special message to tell them you are thinking of them.</p> <p>Miss Stanmore has written a beautiful poem about mental health that you can use as an example.</p> <p>Then you can post it or deliver it with an adult to keep you safe.</p> <p>Poster Another idea, is to create a poster about mental health to teach others! You show people that they're not alone, and you can give them strategies on how to cope when they're feeling low.</p>	<p>Watch the video, to see how Miss Panesar created this sketch, using 3 pens of different colours. Use short straight lines to create texture and shade.</p> <p>All of which can be done by using materials and resources you would already have at home.</p> <p>This mindful activity allows you to relax and rejuvenate yourself, recharging your mind and body as well as giving yourself a mental break.</p> <p>Take note of how you feel before and how you feel after these activities.</p> <p>How do these little bursts of activities help you?</p>	<p>PE with Mr Baker Join in the video lesson of Mr Baker and see how you do with the circuit training he has planned for this lesson!</p> <p>How much of the session can you complete?</p> <p>How do you feel afterwards?</p> <p>Sing and Dance with Miss Virdee DJ Virdee has come up with a wellness playlist to get your body moving and grooving. Pop on one of these songs and sing and dance your heart out!</p> <p>Just Dance – I'm Still Standing</p> <p>Count on Me – Bruno Mars</p> <p>A Million Dreams - Pink</p> <p>Reach for the Stars – S Club 7</p>	<p>Take part in our class zoom to talk about and show what we've done/ plan to do today.</p> <p>Each class has their own zoom log in for this session.</p> <p>2:30 – 3:00</p>	<p>Let's take some time to take notice, pause and observe what's going on around us. Let's take a break and reflect on what we're feeling. Join Miss Naulls in a video guided meditation and journaling session.</p> <p>Then, if you want to further relax and meditate you can check out some of these great resources:</p> <p>The Gratitude Tree – Guided Meditation</p> <p>The Listening Game</p> <p>What is mindfulness?</p>

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

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