

## Mental Health Awareness Week

In the U.K, Mental Health Awareness Week is celebrated between 18<sup>th</sup> and 24<sup>th</sup> May. It is important to take this time to think about what mental health means to you and why it is so important to look after our mental health as well as our physical health. Below are some suggested activities that you can do to look after your mental health this week.

**Activity one:** You can complete some of the mindfulness colouring activities. Colouring in can help you to switch off from all the hard work you have done during the day. You could also give one to someone at home or post one to a friend or family member to show them you are thinking of them.

**Activity two:** Get creative by creating an origami animal! Scientists have proved that achieving something you have set your mind to is great for your mental health as it releases happy chemicals, called endorphins, into your body.

*Were you able to complete any of the following?*

- Origami frog
- Origami crane
- Origami daffodil

**Activity three:** This year, the theme of Mental Health Awareness week is kindness. Why not take part in our Act of Kindness Bingo? When you complete one of the activities below, you can colour in the box or tick it to show you have completed the activity. Why not let your teachers know how you got on?

Tell a family member how much you love and appreciate them	Help with a household chore at home	Tell someone you know why you are thankful for them	Send someone you know a joke to cheer them up
Donate to a charity	Contact someone you haven't seen in a while and arrange a phone catch up	Offer to make a meal for someone at home	Send an inspirational quote to a friend
Spend time playing with your pet	Make a cup of tea or coffee for someone you live with	Make someone a card to say how much you care about them	Lend your ear – call a friend and ask how they're finding the change in routine
Tell someone why you are proud of them	Take part in a fundraising activity	Say thank you to someone who is working very hard at the moment	Donate to foodbanks