

## PSHE - 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 it as well as our physical health. Below are some suggested activities that you can do to look after your mental health this week.

**Activity 1:** Complete some of the mindfulness colouring activities. Colouring 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 that you are thinking of them. You might choose to dedicate a whole hour to colouring or just do ten minutes here and there to split up your day. You can listen to your favourite music as you colour or enjoy the silence.

**Activity 2:** 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.

**Activity 3:** This year, the theme of Mental Health Awareness week is kindness. Have a go at this 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.

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

Activity 1

# Mindfulness Colouring



I

LOVE

YOU

You're

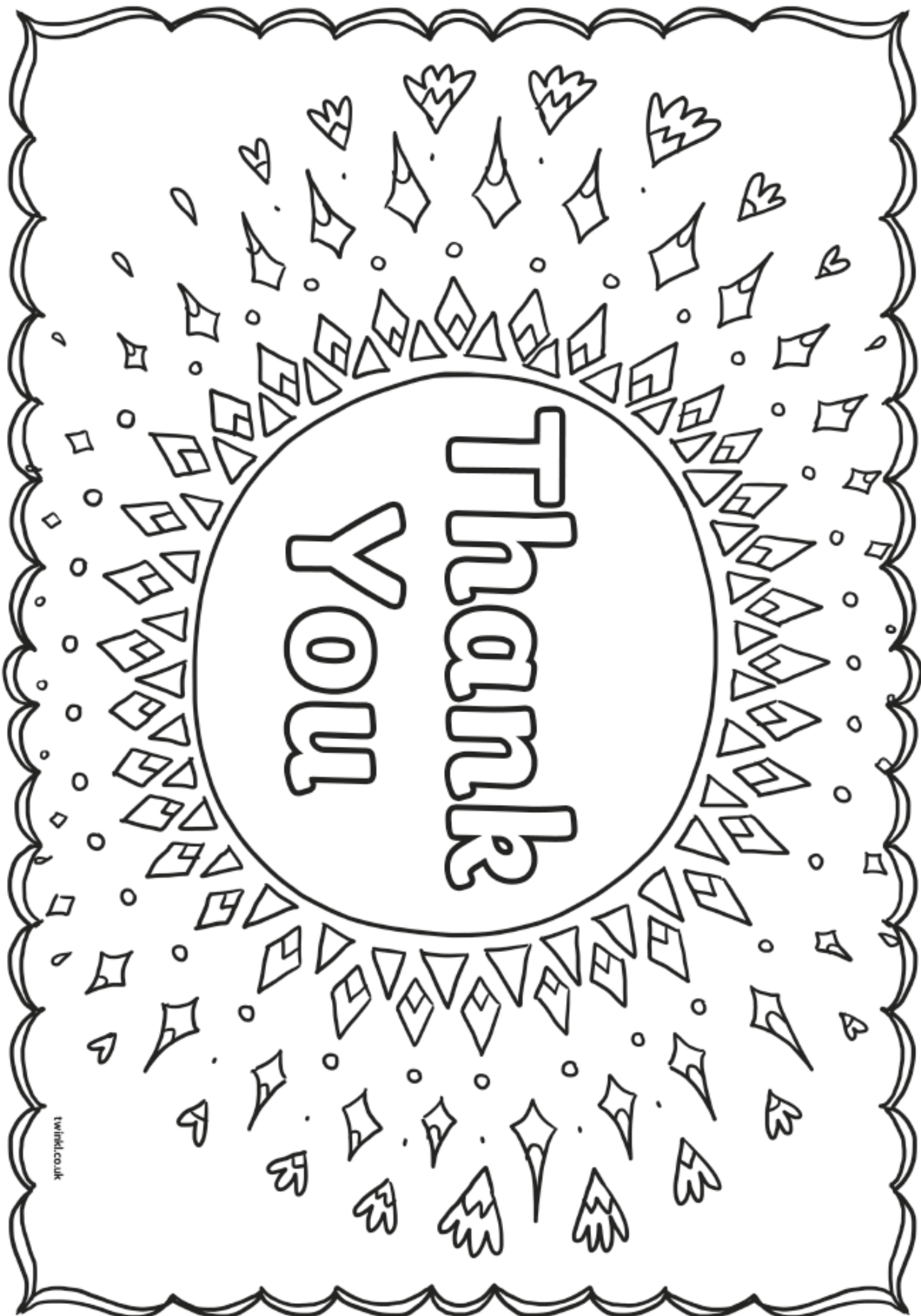
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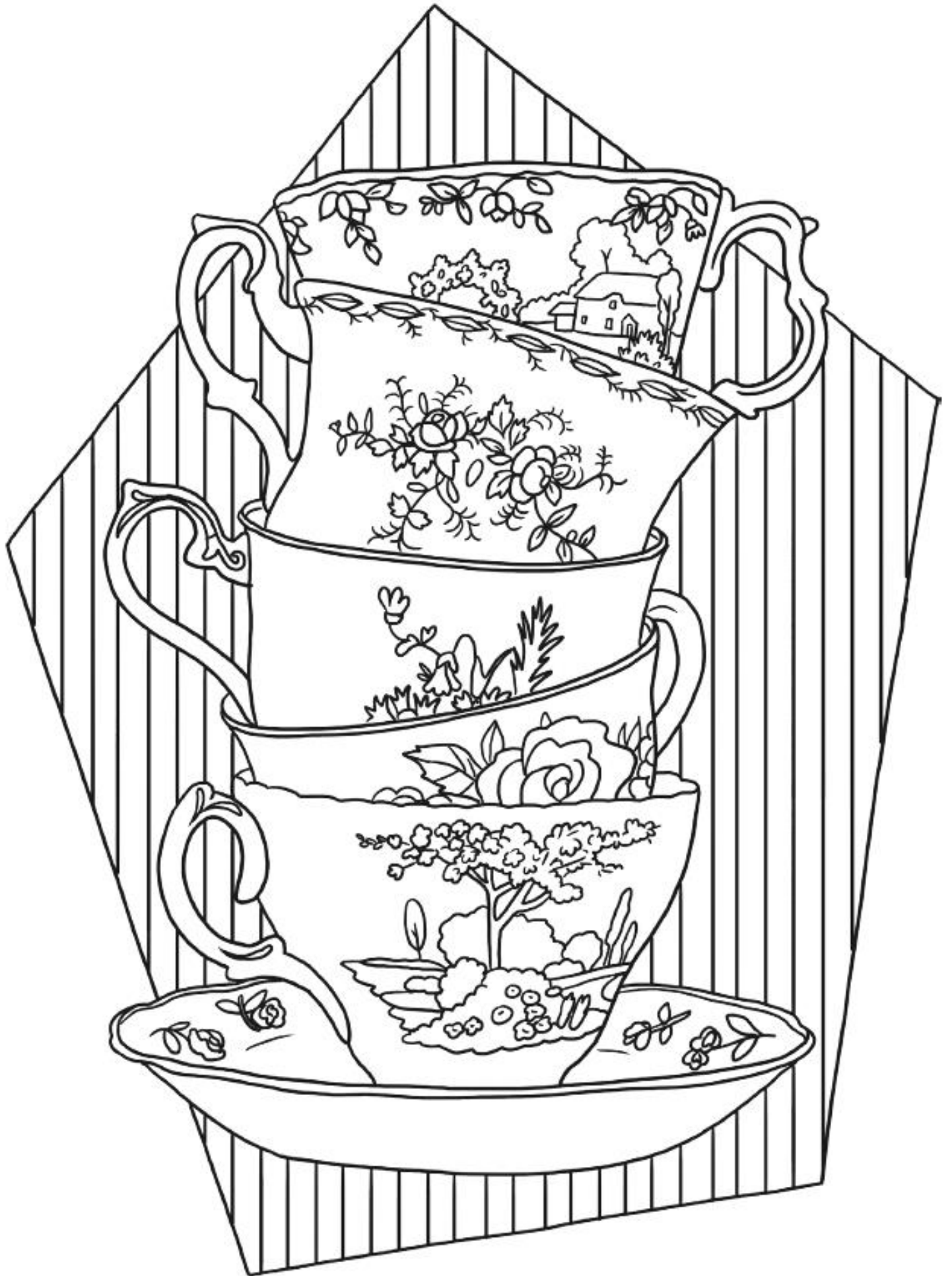
star

Think  
You are  
Wonderful

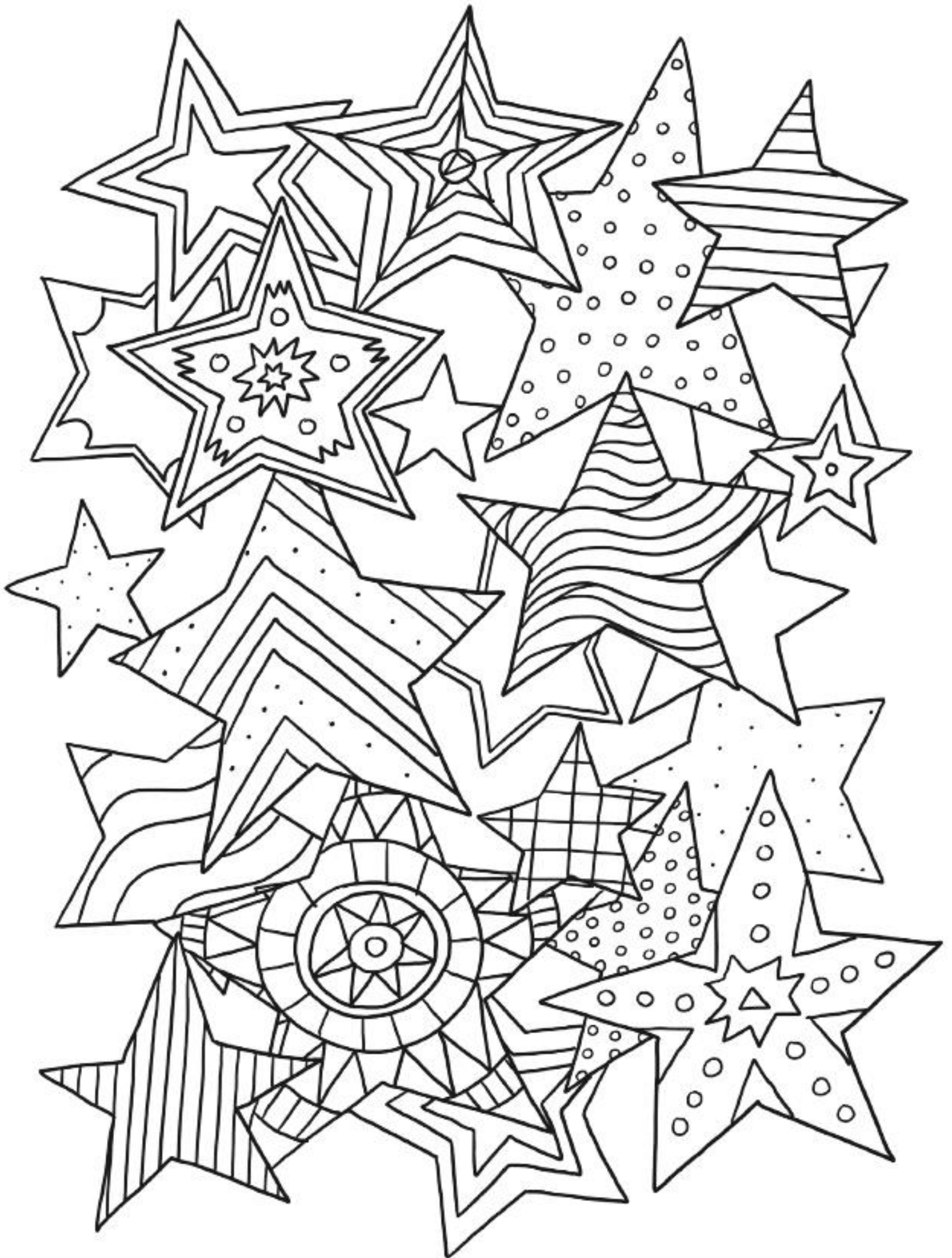


Thank  
You

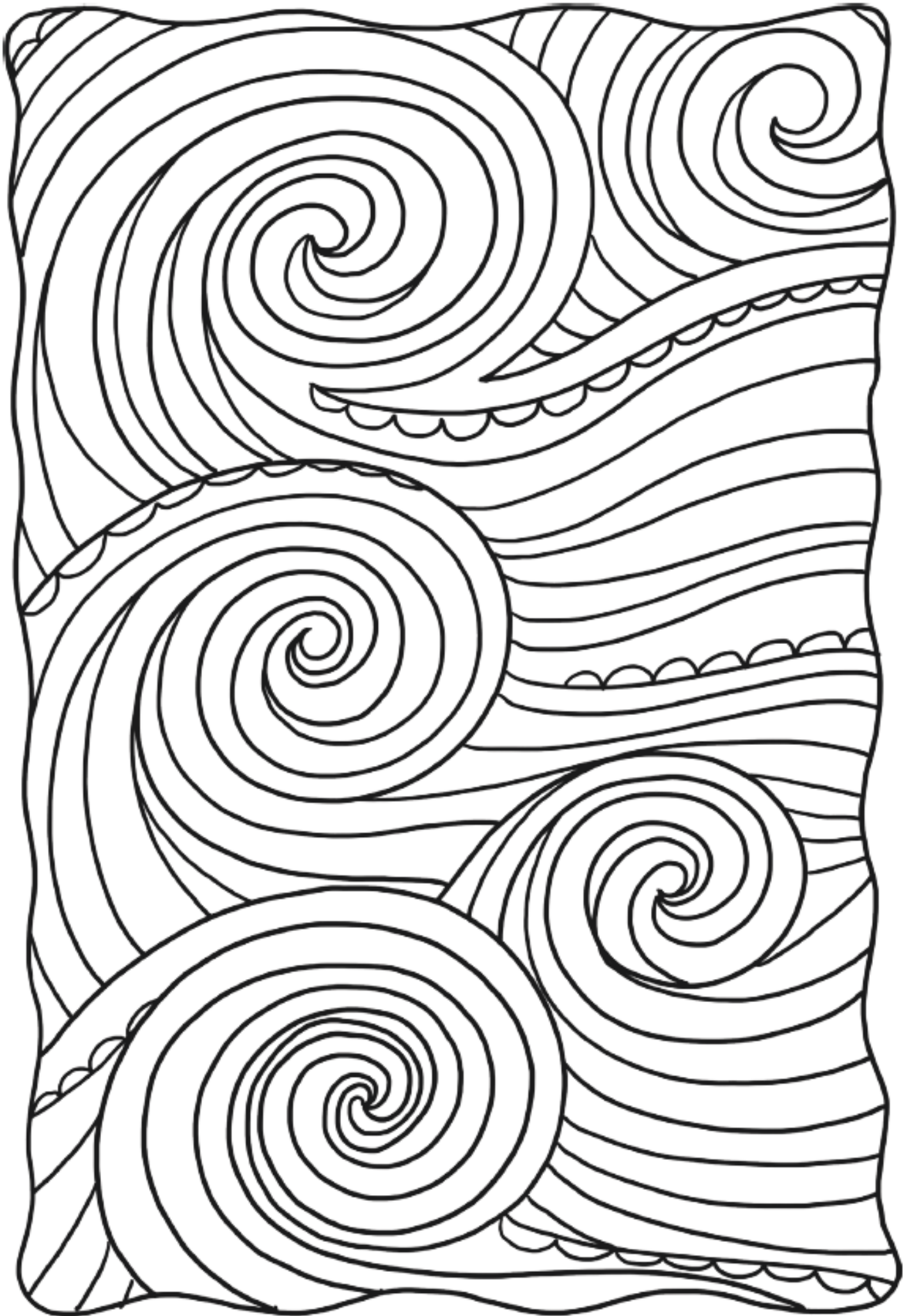






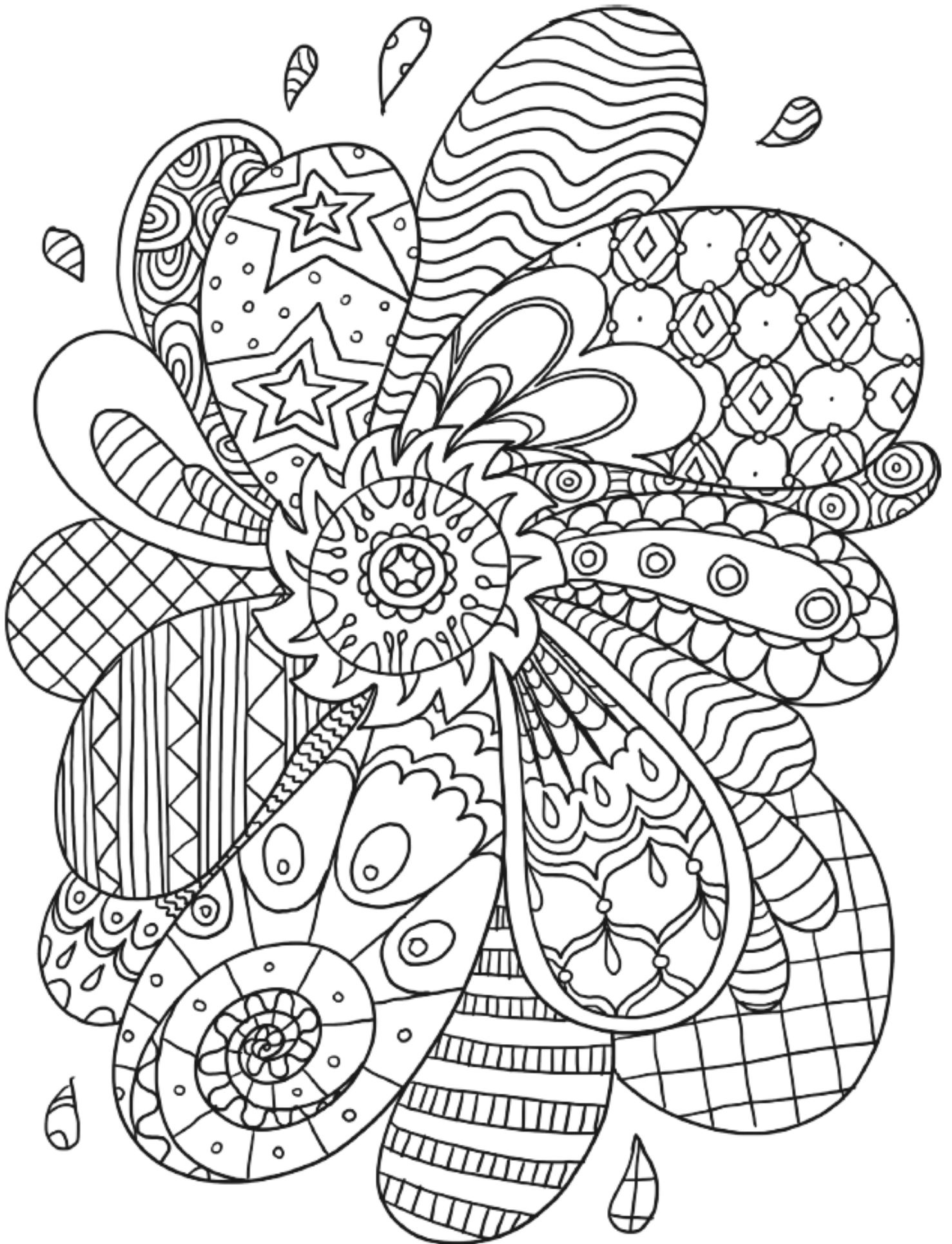




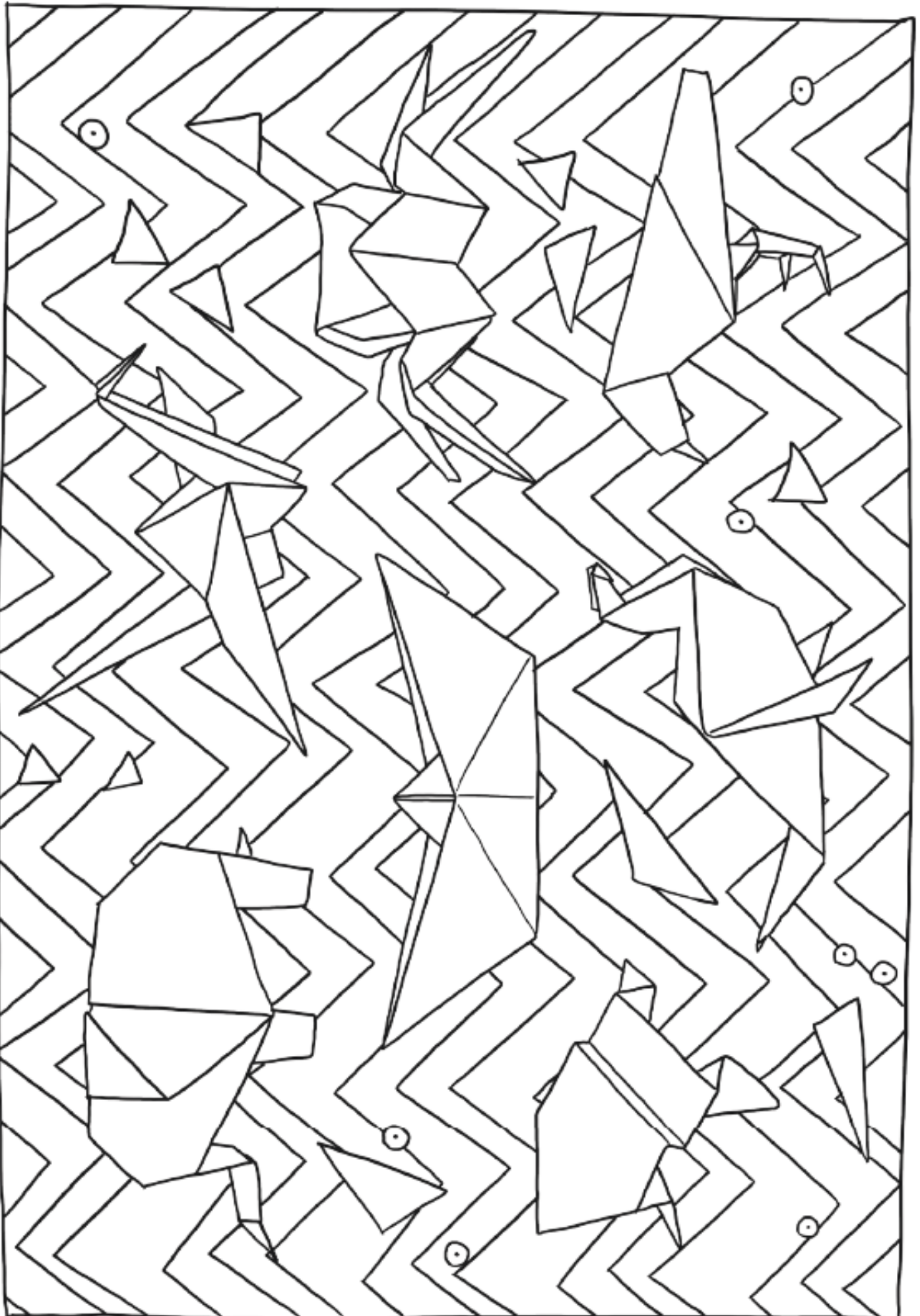






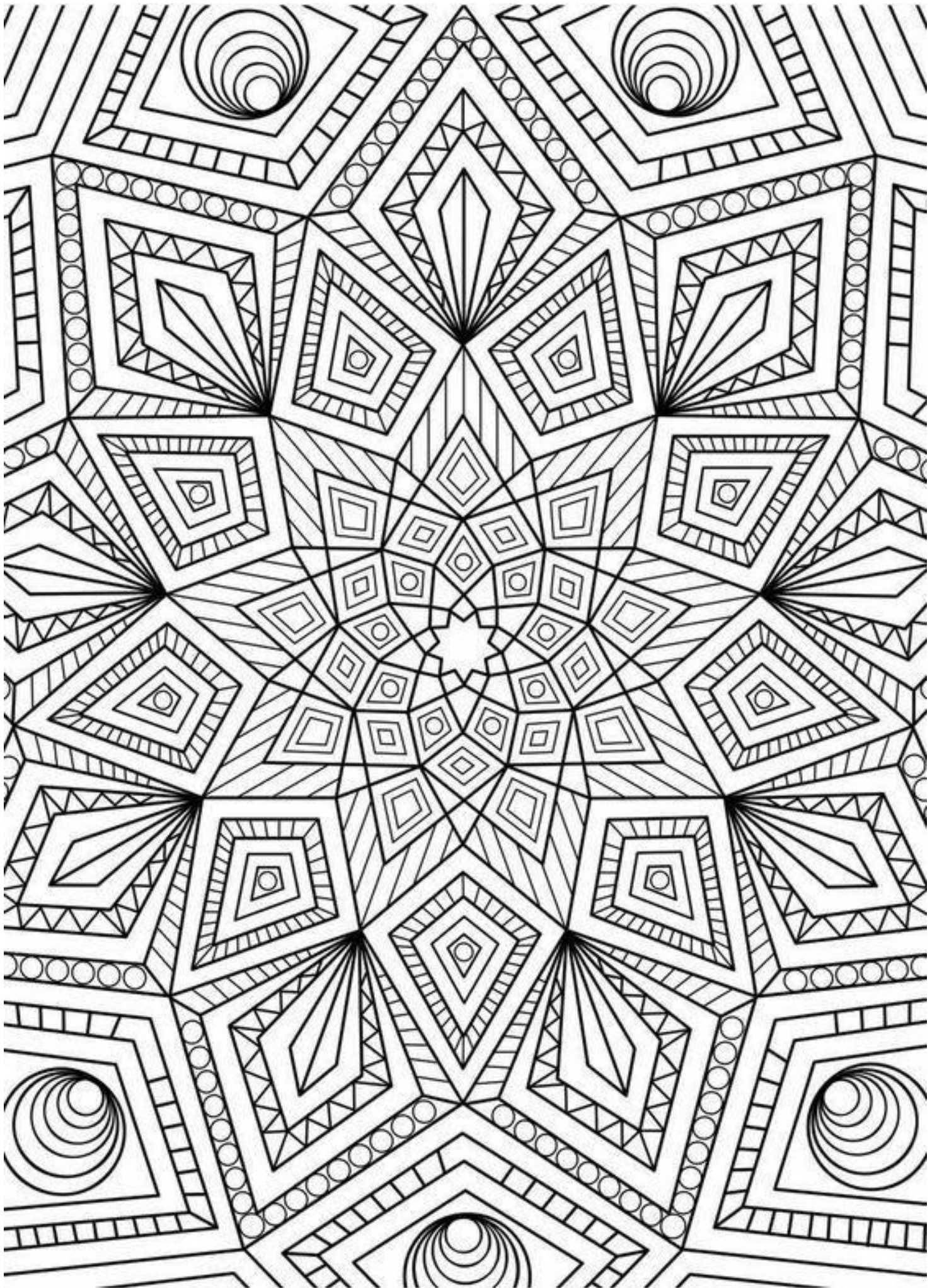




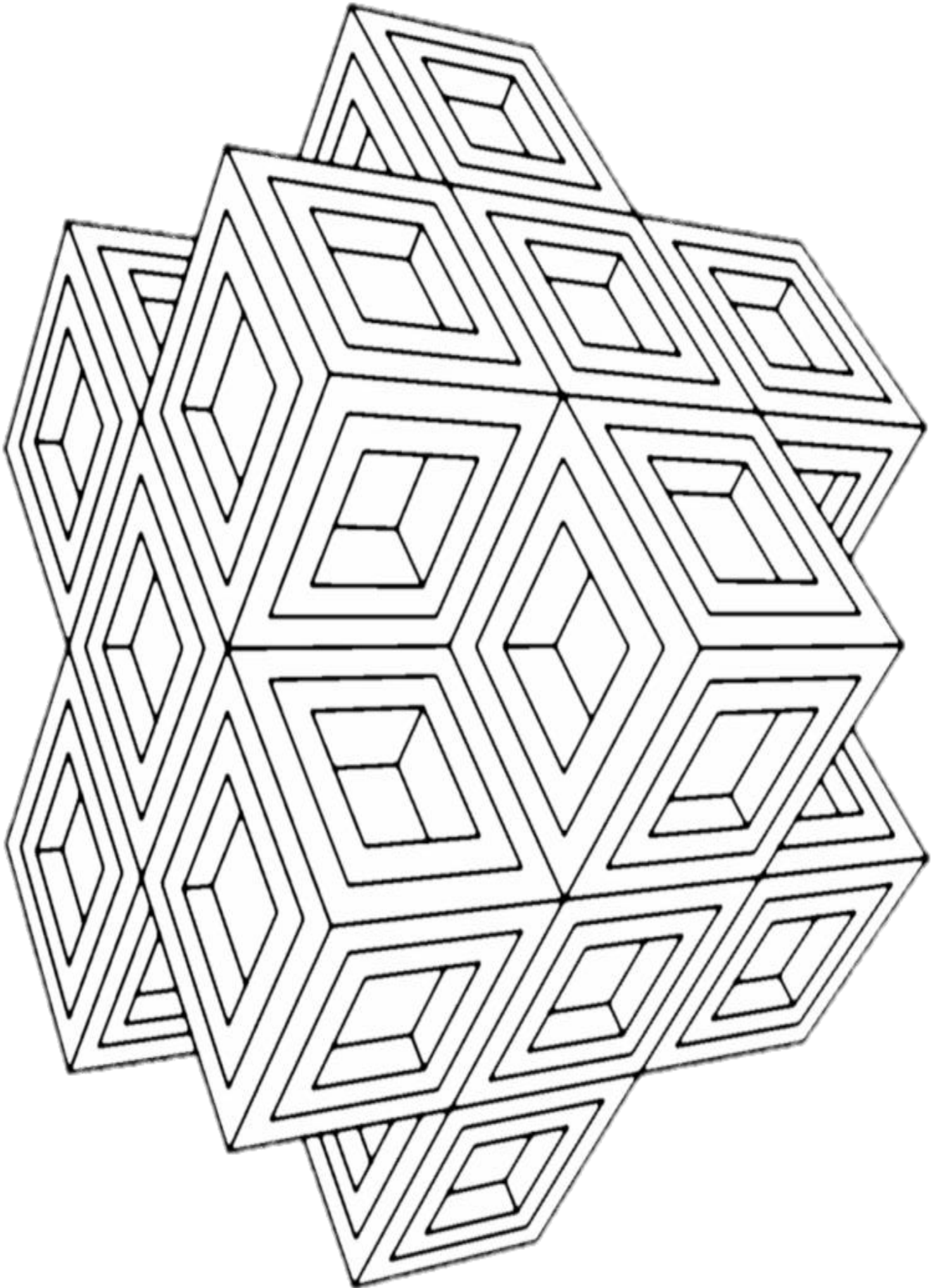












Activity 2

# Origami-Crane-Activity-Instructions

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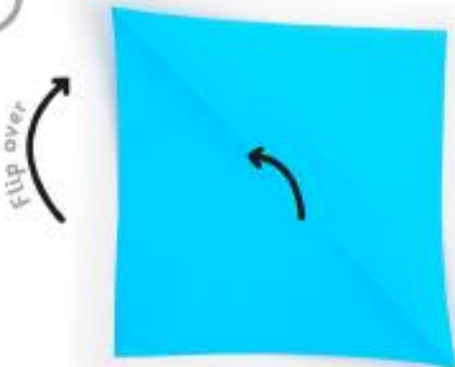
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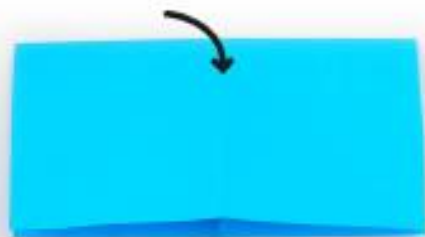
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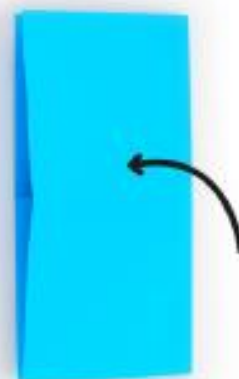
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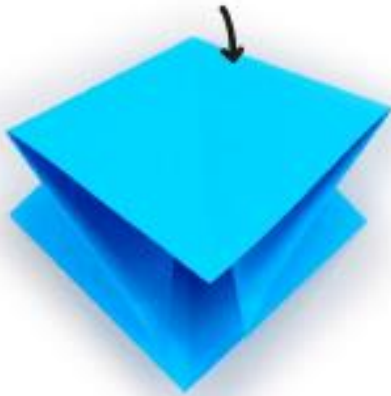


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# Origami-Crane-Activity-Instructions

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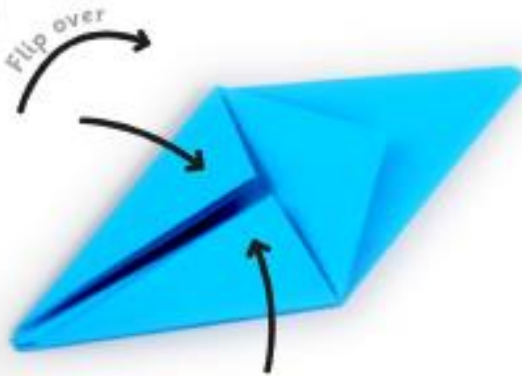
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# Origami-Crane-Activity-Instructions

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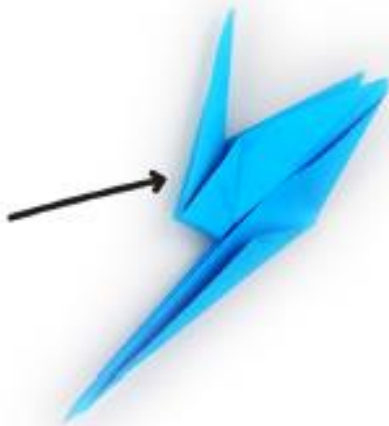


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Flip over



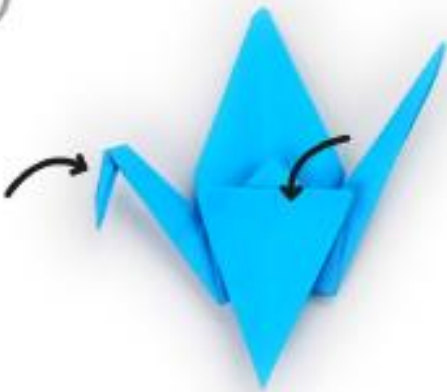
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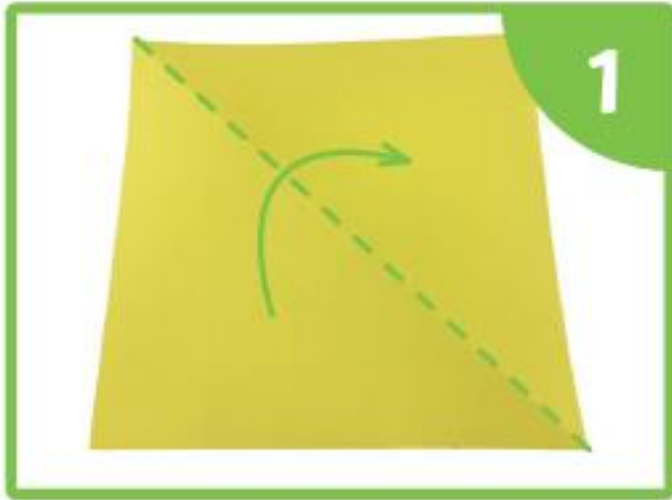


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# Daffodil Origami Craft Instructions





# Daffodil Origami Craft Instructions



# Daffodil Origami Craft Instructions



# Origami Frog Hopper Instructions

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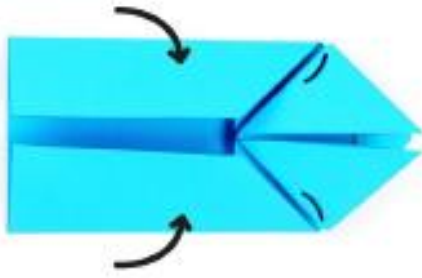
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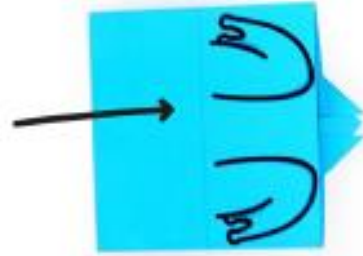
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# Origami Frog Hopper Instructions

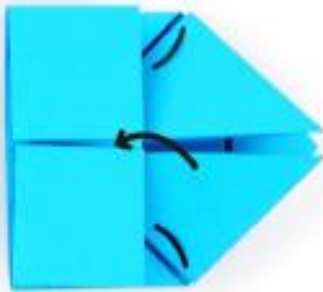
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