

## Mental Health Awareness Week

Mental Health Awareness Week takes place from 10<sup>th</sup> - 16<sup>th</sup> May, and provides a great opportunity for schools to normalise the discussion of mental health and wellbeing amongst pupils and staff.

The theme for this year's week is 'nature'. Recent National Trust [research](#) found a link between feeling connected to nature and having improved wellbeing.

It's important to keep the focus on mental health and wellbeing throughout the school year, beyond Mental Health Awareness Week.

Across school we have been raising awareness of our mental health through an assembly and activities linked to the theme 'Nature'.

Here are some of the things we have got up to...

- We watched the Talking Mental Health - it is an animation designed to help begin conversations about mental health in the classroom and beyond.

[https://www.youtube.com/watch?v=ozIS66\\_pYTw&t=6s](https://www.youtube.com/watch?v=ozIS66_pYTw&t=6s)

## Year 2

Year 2 love art so we decided to mix our favourite activity with nature. Do you like our designs?



## Year 4

Cloud watching can be a useful activity for mindfulness and relaxation.



A journey stick (also known as a story stick or nature stick) is essentially a memento of a *nature walk*, featuring items collected whilst on the walk. These might be things like leaves, twigs, flowers, feathers, or anything else natural that you find along the way.



## The Human Knot

This activity encourages team work, verbal communication, problem solving and trusting relationships.

In groups of around 10, learners to form a circle, facing inwards. Creeping forward until shoulder to shoulder. Each learner to put one arm into the centre of the circle and hold a random hand. Repeat with the remaining hand. The task is to work together to unravel themselves without letting go of either hand. It was very tricky!



## Year 5

We have talked about self-esteem and created these to show all the things we are good at.





Year 6

Thursday 13 May 2021

### Mental Health Awareness Week

The theme for this year is nature. The children discussed how nature can help improve your mental health and how being outside can make you feel exhilarated.

The children shared ideas about the activities they like to do outside and also talked about how they appreciated the freedom of being outside after lockdown.

We talked about just listening to sounds and the tranquillity of birdsong and running water.

### Cloud spotting

We went outside and lay on the floor to look at the sky and clouds. The children used their imaginations to find shapes and pictures in the clouds. After this, we talked about how this activity made them feel and why it could be a good activity to do to help improve anxiety, relieve stress and help other mental health issues.





