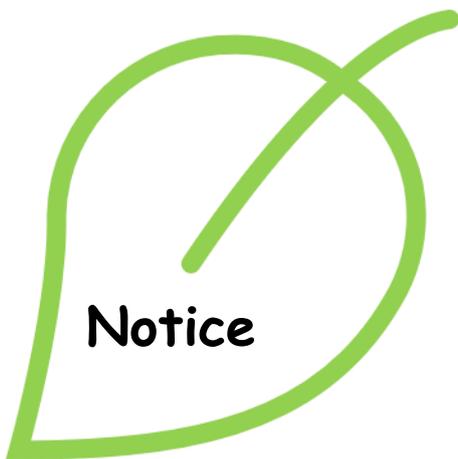


Let's Get Going Growing Together

Key Stage Two



Growing Together

Children's Mental Health Week - 7th - 13th February 200

Teachers, Parents and Carers - we hope you find this Activity Pack useful with your Key Stage 2 children to help them to grow emotionally together. We have included some of the Key Stage 1 activities as they are still appropriate and fun to do.

Just like the trees and plants around us we are all growing physically and just like these aspects of nature there are things that we need as we grow to keep our bodies fit and healthy. We develop emotionally as well. Most of the time in a positive way, but sometimes outside factors stunt our growth or withhold from us the vital things that we need - just like in times of drought when trees, grass and flowers need water. This year's theme for Children's Mental Health Week is *Growing Together* - focusing on emotional growth and change and how we can help and support each other.

Doing something new for the first time is exciting, sometimes daunting but hopefully rewarding and helps us to grow as a person. Use our *Growing Together Journal Page* to colour in when you have achieved something new. We have made some suggestions to start you on your journey, but you might have some ideas of your own.

Teachers - you could turn this into a Wellbeing Wall display by creating a tree as the central image and then each time a child achieves an activity from the list they could add a leaf to the wall. Use the five aspects of Wellbeing as suggest by the NHS but also include talents, self-esteem, achievements of any kind, diet, sleep and kindness.



Let's Get Going - Growing Together

Here are some ideas to get you started.

Connect:

1. Talk to a friend and ask them how they are.
2. Draw a picture of some things you have been doing and send it to your grandparents or someone who you have not seen in a while.
3. Send a postcard.
4. Make a list of all the things that you are grateful for - you could display these as petals on a flower.
5. Connect with yourself and your feelings - create a 'Fab File' - with photos and certificates to show your achievements or things you are proud of. You could put in photos of happy occasions such as birthdays and holidays so that when you feel low you can look back at it.
6. Say sorry.
7. Keep your patience - count down from ten or do some belly breathing so that you can ground yourself again.
8. Help sort the laundry into piles for washing.
9. Answer a tricky question in class.
10. Ask a question in class.



Give:

1. Say thank you.
2. Make a thank you card.
3. Make a certificate for a friend to celebrate something they have done or for one of their special qualities.
4. Create a paper chain with your class or group of friends - write on each slip of paper something special about each of your friends or about someone in the class. Watch your paper chain grow.
5. Do an act of kindness - open the door for someone, carry something for them, smile at someone.
6. Look through your old toys. Can any be donated to charity? How might this help other people?
7. Tidy up your bedroom and give your parents and nice surprise!
8. Volunteer to help.
9. Include others in your activities.
10. Give a compliment to a friend.





Notice:

1. Be aware of your feelings and tell someone when you are sad, happy, angry or anxious.
2. Take photos of a tree and watch to see how it changes throughout the year.
3. Use the 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste to help ground you when feeling anxious.
4. Go for a walk with the family and notice 5 birds, 5 leaves and 5 clouds. Think of some other things that you could "collect" along your walk. You might like to take a photo of these.
5. Create some outdoor art using twigs, pebbles, grass and leaves.
6. Drink some water.
7. Keep a sleep chart to show how much sleep you are getting.
8. Think about the times you have been brave - how did you overcome your fears?
9. Think about something that might be worrying you at the moment - put it in a worry bag and talk about it with your parent, teacher or carer. How did you overcome your worry? Use those skills again to help problem solve when something else comes along.
10. Grow some cress seeds and see how they develop.



Be Active:

1. Do some Cosmic Yoga:
<https://www.youtube.com/user/cosmickidsyoga>
2. Get active with Joe Wicks:
<https://www.youtube.com/watch?v=d3LPrhIOv-w>
3. Run or walk the Daily Mile.

4. Learn a new ball skill.

5. Do some star jumps.

6. Learn how to skip.

7. Dance to your favourite music.

8. Learn how to hula hoop.

9. Create your own **30 Second "Athlon"** through making an obstacle course where along the way you have to do an activity such as 30 seconds of star jumps, run to the next station or one the spot for 30 seconds, balance a bean bag on your head for 30 seconds - run - bounce a ball for thirty seconds - run - stand on one leg for 30 seconds - run - skip with a rope for 30 seconds. Come up with your own ideas for a 30 Second Athlon.

10. Plan a sporting event for parents and friends to get involved in together.





Growing Together Journal Page

Colour in a leaf when you have tried a new activity.

