



Mental Health Awareness Week

Primary School Activities

The following are a list of suggestions to promote wellbeing that can be carried out with Primary School Children.

1. **Make your garden grow:** For every kind act that children witness they add a petal to a kindness flower with the name of the person and what kind deed they did. At assembly the completed flowers could be shown by each class and these could be "planted" in oasis foam in a long flowerpot and placed in a prominent place or in the children's classroom so that they can see their kind acts take root and lead on to other kind deeds. Associated ideas could be to develop a gardening club providing a new activity for some children to get involved with and enjoy. This could be tied into a Science or Geography project and encourages children to also care for the environment.



2. **Kindness PomPoms:** For every kind act a fluffy pompom is added to a jar. Children say who did the kind deed and then the child has the reward of adding the pompom to the jar. Kindness detectives could report back on what they have seen in assembly.
3. **Daily mile:** Plot out a route in the playground / playing field for children to walk the daily mile or a certain number of laps. Children can be encouraged to talk about happy things as they walk.
4. **Let's keep moving:** Start the day with an exercise routine for your class.
5. **Dance it out:** Bring a smile to everyone's face with this lively activity. Choose a suitable day during the week when this can be carried out. On the hour every class stops what they are doing and a popular song is played and everyone joins in with a dance routine. We did this as a fundraising activity and chose three different songs and routines. The children were introduced to the routines at the start of the day so they knew what they were doing. It certainly cheered everyone up.



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6. **Happiness diary:** At the end of the day write down three happy or positive things that have happened during the day. We kept our happiness diaries for a whole term and it generated talk about the events of the day and what had gone well and how the children had overcome difficulties and they were able to record their achievements.



7. **Sleep diary:** Sleep is so important not just to our physical health but to our mental wellbeing so it is interesting for the children to reflect on how they feel after a good night sleep or a poor night sleep. How many hours sleep do they achieve? What wakes them up during the night? Do they have difficulty getting to sleep? Little problems with sleep can then be overcome with some helpful tips.
8. **Mantras:** Children could write their own personal mantras and illustrate them with inspiring pictures or things that mean a lot to them. You could also provide some inspiring quotations as examples



I am a unique child of this world

9. **Understand the intensity of your feelings:** This is a drama game (and can get a little noisy). Act out an emotion and intensify it by degrees from level one to level five - sadness, anger, fear and happiness are good ones to try. Always end the game on a happy emotion.

10. **Go for gold:** This activity encourages children to see the best in each other. Put the children's names in a bag. Invite each child to pick out a name. Reflect on what that named child is good at and make them a gold medal depicting their talent. The finished medals could be presented to each class member by the Head Teacher or awarded in assembly.

