



# Let's Get Going Growing Together

Key Stage One



## Growing Together

### Children's Mental Health Week - 7<sup>th</sup> - 13<sup>th</sup> February 200

Teachers, Parents and Carers - we hope you find this Activity Pack useful with your Key Stage 1 children to help them to grow emotionally together.

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 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. Give someone a hug.
5. Play a game with family members.



### Give:

1. Make a thank you card.
2. Make a certificate for a friend to celebrate something they have done or for one of their special qualities.
3. 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.
4. Do an act of kindness - open the door for someone, carry something for them, smile at someone.



**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. Drink some water.
5. Keep a sleep chart to show how much sleep you are getting.
6. Think about the times you have been brave - how did you overcome your fears?
7. Go on a walk with your family and count five different types of birds, five different types of leaves and look up and find five different shaped clouds.



## Keep Learning:

1. Play a new game.



2. Teach a friend how to play the game.
3. Learn how to skip.
4. Find out how to say hello, please and thank you in five different languages.



5. Discover how to make a pom pom.



6. Learn how to knit or crochet.

**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. Learn a new ball skill.



4. Learn how to skip.

5. Play musical statues together and enjoy a good dance.

6. Learn how to hula hoop.

7. 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.







## Growing Together Journal Page

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

