




CHILDREN'S MENTAL HEALTH WEEK: FEBRUARY 2021

<p>Take part in some yoga sessions:</p> <ul style="list-style-type: none"> * Search Cosmic Kids Yoga * Use the activity cards on the school website 	<p>* Play a game or do a puzzle.</p>	<p>* Draw or paint a picture. You could use 'Draw with Rob' for some inspiration and tips!</p>
<p>* Read a book: a story, a non-fiction book, a magazine – you choose!</p>	<div style="text-align: center;">  <p>Have a go at some of the activities – send a photo in if you like!</p> </div>	<p>* Do some exercise outside: walk, jog, skip, hop, run.</p>
<p>* Cook something with an adult – cakes, biscuits, something for lunch or tea!</p>		<p>* Build something – use Lego, blocks, junk model material, anything you like!</p>
<p>* Put the devices away and try something new! This could be a new hobby or something you have always wanted to learn how to do.</p>	<p>* Watch a film that makes you laugh.</p>	<p>* Dance! Put on your favourite music or choose something from Go Noodle.</p>