



Children's Mental Health Week

8th February 2021

Mrs J Gerrald

Assistant Principal

We celebrated Children's Mental Health Week from Monday 1st February to Friday 5th February. Children at Krishna Avanti Primary School joined many schools in the United Kingdom in a virtual assembly led by Blue Peter's Lindsey Russell and CBBC presenter Rhys Stephenson to learn about their mental health and why it is important to 'Express Ourselves'. Have a look at the different ways in which we went about 'Expressing Ourselves' and explore some of the links for activities you can use to improve your mental health.

What is Mental Health?

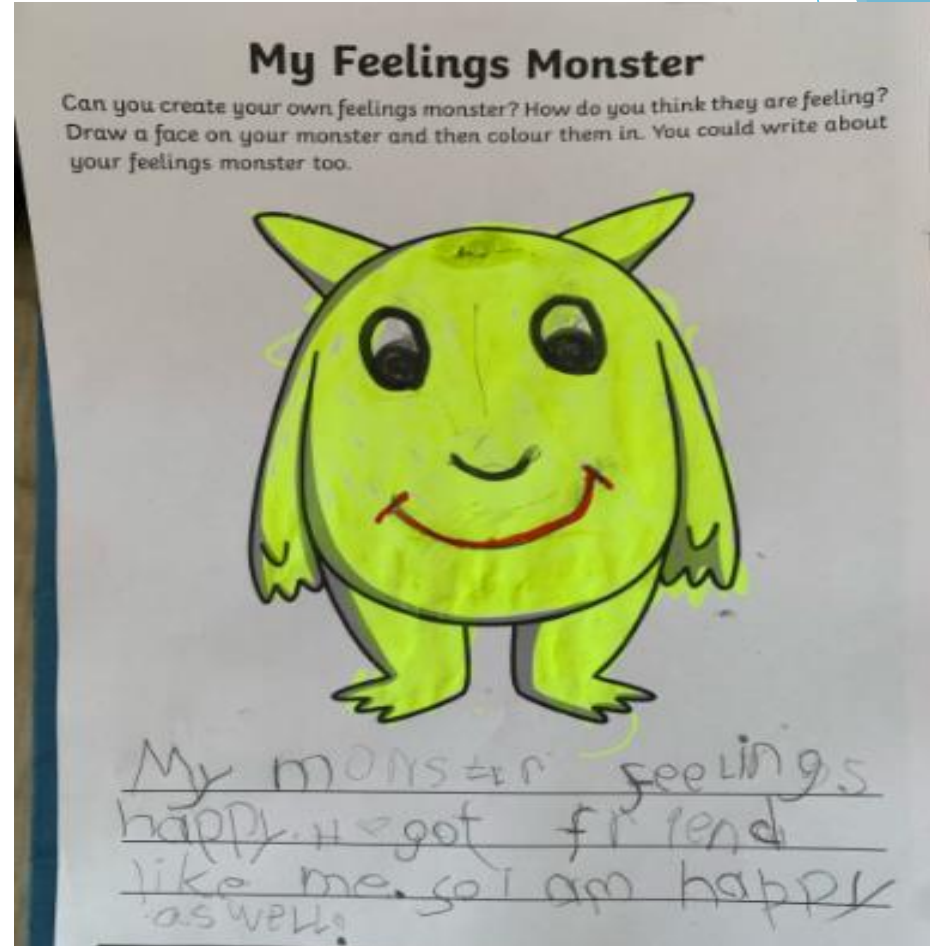
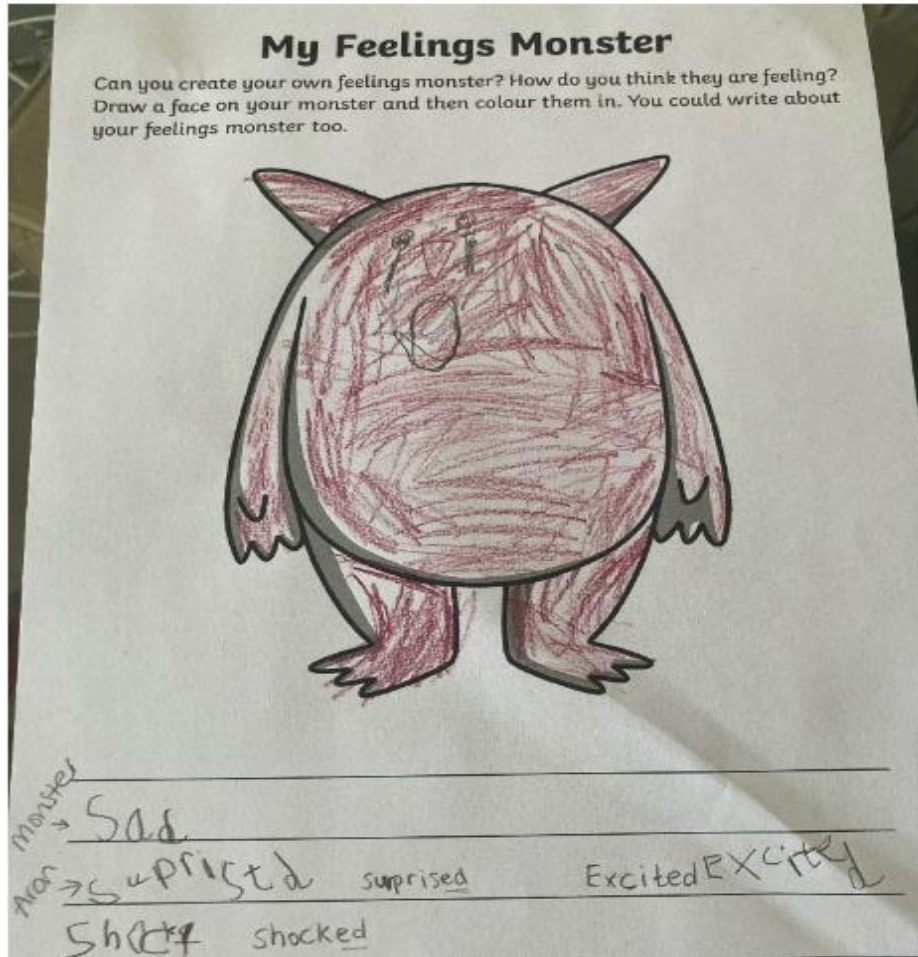
Mental health is an individual's level of psychological wellbeing which can affect a person's mood and their thoughts and can sometimes dictate their behavior. Everybody has mental health, and it can be better, worse or fluctuate depending on the individual

Nursery

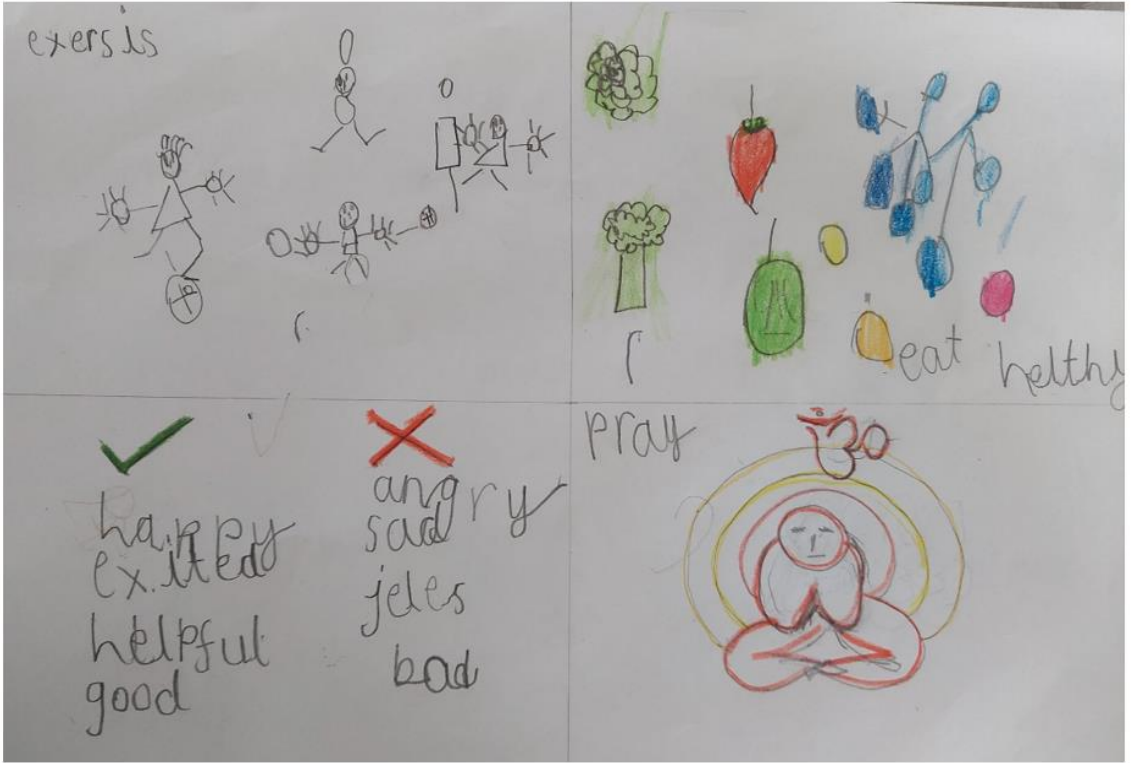
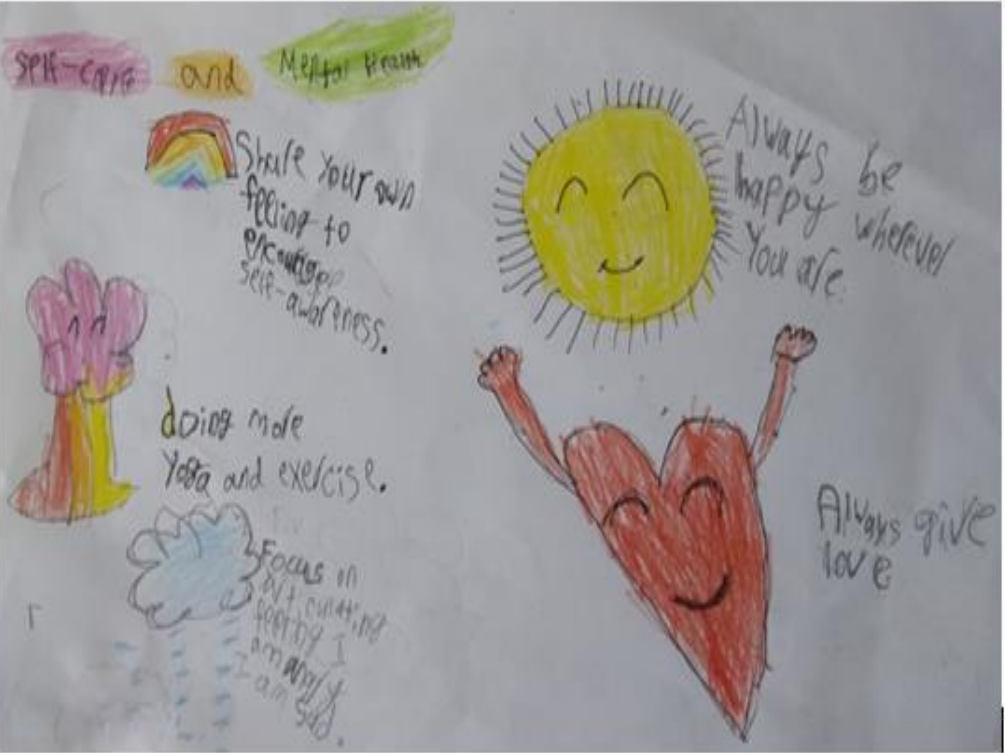


Nursery children have been celebrating their individuality and expressing this to their peers through discussion. They have focused on four questions, what their favourite food is, what they like doing at school, what they like doing at home and what they are good at? They have drawn pictures to express their ideas and parents have annotated their comments.

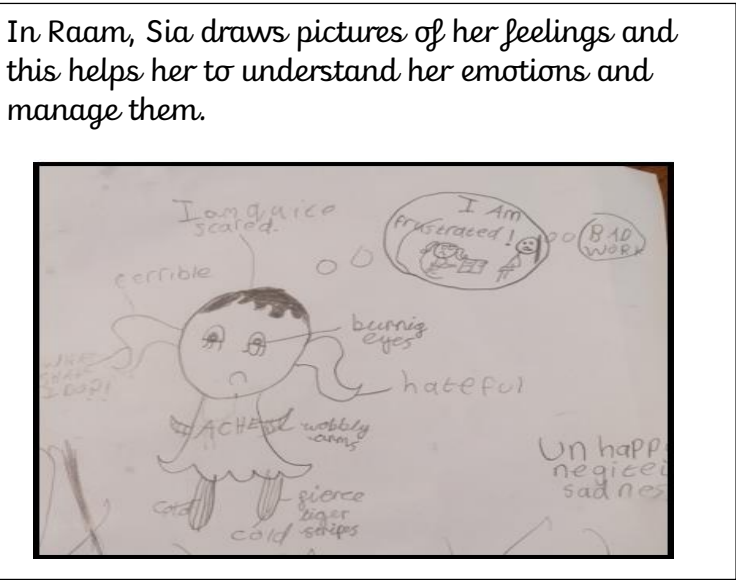
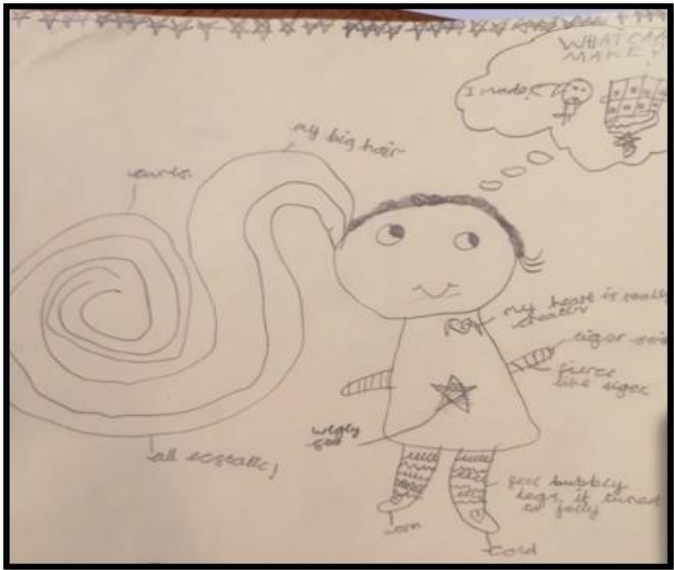
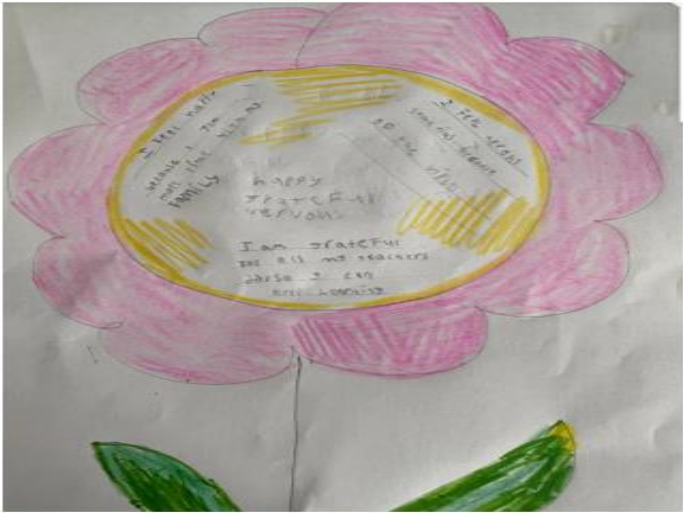
In Reception Aran and Parthvi expressed themselves by colouring their feeling's monsters



In Year 1, the children designed brilliant posters to share how they could express themselves and take care of their mental wellbeing! Well done Abigail (Year 1 Keshavam) and Neer (Year 1 Damodaram)



In year 2, children created this beautiful flower to represent and express herself while Shivaiya expressed herself in different ways. Can you spot them?



Mahi (3V) placed these wonderful things in her box to express herself. Well done!



I have added a lego train of Harry Potter as building lego is my favourite thing to do with my sister, as I find it fun spending time with her. I also love watching Harry Potter movies with her.

I have included some colouring pencils as I find it very relaxing.

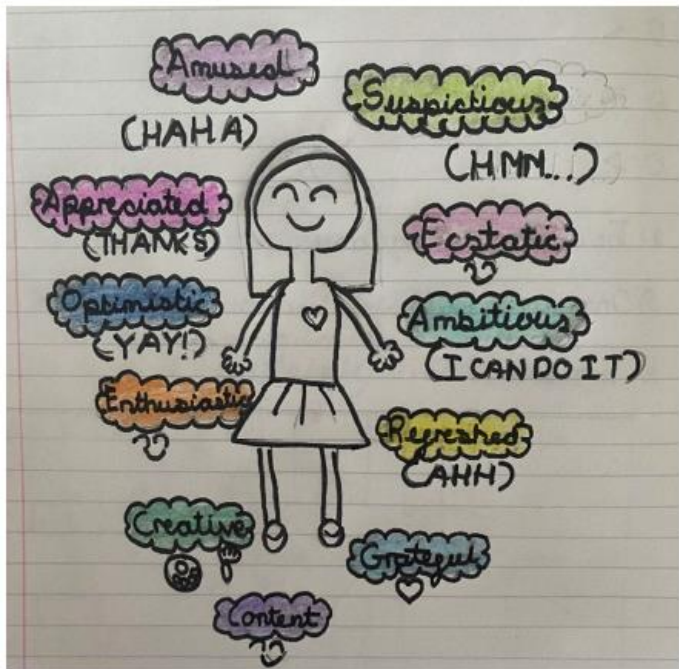
I have added in my pencil case as I love maths just like my dad, it's my favourite subject in the whole wide world.

I enjoy eating Hula Hoops as a snack sometimes so I have added that in my box too.

One thing that I would not be able to fit in the box but love so much is my Sona Masi, she is my best friend and I love seeing her smiley face, I also love making cupcakes with her and making her laugh all the time.



To connect during our PSHE lesson, we brought along items to share with the class to show ways in which we could express ourselves. Neenad (4N) expressed himself by wearing his favourite hat while Neev (4N) expressed himself creatively by constructing with lego. Everyone shared how the items make them feel.



We did this activity to celebrate and commemorate Mental Health week. This was a way of expressing our feelings that was mentioned in a live assembly run by Oak National Academy. I had an incredible time throughout the assembly and while drawing this picture. It was great to know that many people felt the same as me. During scary and isolated times it is a very good idea to write your feelings down and your worries. I also felt very open. We also shared our drawings with everyone. It was so much fun! Happy Mental Health Week.



5 Buddha had lots of discussions about why it's important to express our thoughts and feelings when we are feeling low. We looked at mindfulness art as a method of expressing ourselves and created some motivational posters with quotes and phrases that are meaningful and special to us.

In 6 Balarama, we thought about a safe space we could go to relax and gather our thoughts. We spent 5 minutes each day sitting outside or in a quiet space in our home environments listening to any sounds we could hear and practising our breathing techniques.

Shivani found her calm place to be her bedroom. "The curtains are always open and there is some sort of light that comes through and that calms me down. It even makes me feel happy as there is a lot of space and I have yellow walls which is my happy colour."

Esha went and sat outside. She spent 5 minutes listening to the sounds of nature. "When I sit outside it makes me calm and it also helps me to collect my thoughts and focus properly."

The children in school went and stood near the pond. Harshil felt that he was in another world all by himself. Mahi and Puja felt much calmer after some time away from the screen.

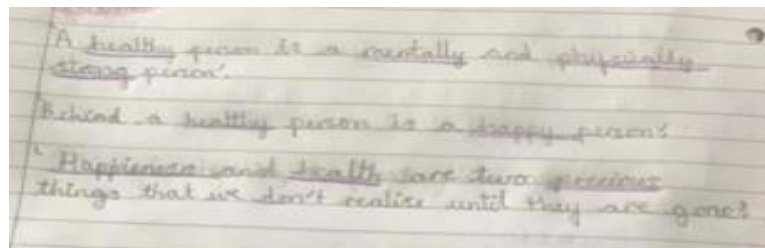
All the children felt much calmer and we have vowed to incorporate this into our daily routines. Sparsh even thought that the still sky above gave him a moment of peace as time actually waited for him.

Risha (6 Kurma) thought carefully about what mental health means to her:

"A healthy person is a mentally and physically strong person.

Behind a healthy person is a happy person.

Happiness and health are two precious things that we do not realise until they are gone."



Improving your mental health

Take part in our Active 60 two-week challenge: Certificates will be given out to the most active families. Return all diaries via your year groups' email by Monday 22nd February, 2021.

Use the links below to learn more about mental health

<https://www.nhs.uk/change4life/activities/sports-and-activities>

<https://activeforlife.com/200-activities-you-can-do-with-kids-at-home/>

[Write a letter about how you have been feeling](#)

[Wellbeing resources for families](#)

[The anxiety thermometer](#)

[MindEd for families](#)