

Dear Parents/Carers

PSHE Activity Programme

The 'Body Scan' week gave families some challenges to reflect on a variety of aspects of both physical and mental wellbeing. For all families, especially those observing Ramadan during Covid-19, we have an opportunity to assess what is important in life. We are all having to adapt our lifestyles but keeping well rested, getting fresh air and de-stressing where possible can help not only our immune systems but also physical and mental health. Whatever challenges you are facing at the moment whether personal or spiritual we would urge all students to do their very best to keep happy and healthy. Please remember that the challenges included in our PSHE activity programme are optional and should work for your household.

WEEK FIVE

'Mental Health Awareness Week'



This week is Mental Health Awareness Week and this year activities are based on the theme of 'Kindness'. We looked at 'kindness' challenges in Week One of our PSHE programme and will revisit different tasks to remind us of the benefits of looking out for each other and ourselves as the Covid-19 situation changes.



Challenge One – What Is Kindness?

Research suggests that kindness and our mental health are deeply connected. Kindness is an antidote to isolation and can create a sense of belonging. It helps reduce stress, brings a fresh perspective and deepens friendships.

As a family reflect on your acts of kindness since week one. Students could share your family stories and pictures (with permission) of kindness during the 18th-24th May using the following # on social media.

#KindnessMatters
#MentalHealthAwarenessWeek

You can tag across social media – we would love to see what you get up to:

Facebook: [@mentalhealthfoundation](https://www.facebook.com/mentalhealthfoundation)

Twitter: [@mentalhealth](https://twitter.com/mentalhealth)

Instagram: [@mentalhealthfoundation](https://www.instagram.com/mentalhealthfoundation)

Challenge Two – What About Me?

Kindness to ourselves can help us maintain our sense of identity and help boost our self-esteem. Kindness improves feelings of confidence and optimism. Identify what works for you.

- Focus on things you enjoy doing.
- Find your routine.
- Move your body.
- Treat yourself (and others) with compassion.
- Students make sure you help your teachers to help you – be honest and ask for help.

Challenge Three – ‘Once In A Generation’

We have an opportunity not only during but also following this pandemic to reset and re-think about what kind of society we want to emerge as from this crisis. As a family discuss...

- a) New things that you’ve enjoyed doing more off since lockdown and wish to continue when it ends.
 - Reading, cooking, gardening, sewing, getting creative.
- b) What are you most looking forward to returning to ‘normal’
 - Create a family wordle on everything you are looking forward to after lockdown.



Challenge Four – Get Involved

You could visit the Mental Health Organisation website for lots more ideas and activities to support Mental Health Awareness Week. You may want to ‘get involved’ by fundraising or simple by taking on some of their ‘kindness’ challenges with family and friends.

There is a free supporter pack which gives lots of ideas on how you can help friends or your own family, quizzes so you can host an event and a ‘30 Mins Movement Challenge’ to inspire you too.

www.mentalhealth.org.uk

Where can I find more information?



www.headspace.org.au

HeadSpace currently have some great resources and online tools to help us all cope with the changes to our lifestyles with Covid-19.



www.mind.org.uk

Mind provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.