

# Children's Mental Health Week

03.02.2021

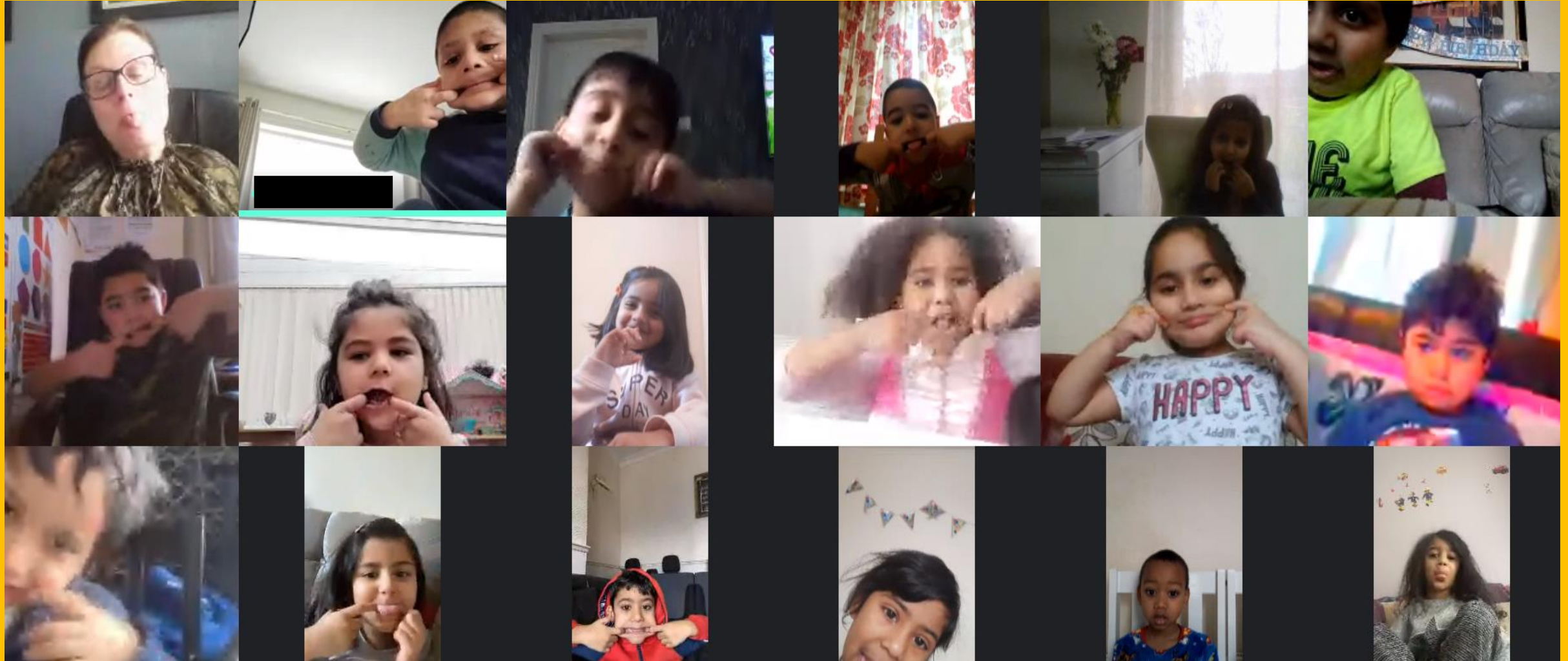


We began by joining in with the  
'EMOTIONS Hokey Pokey' song

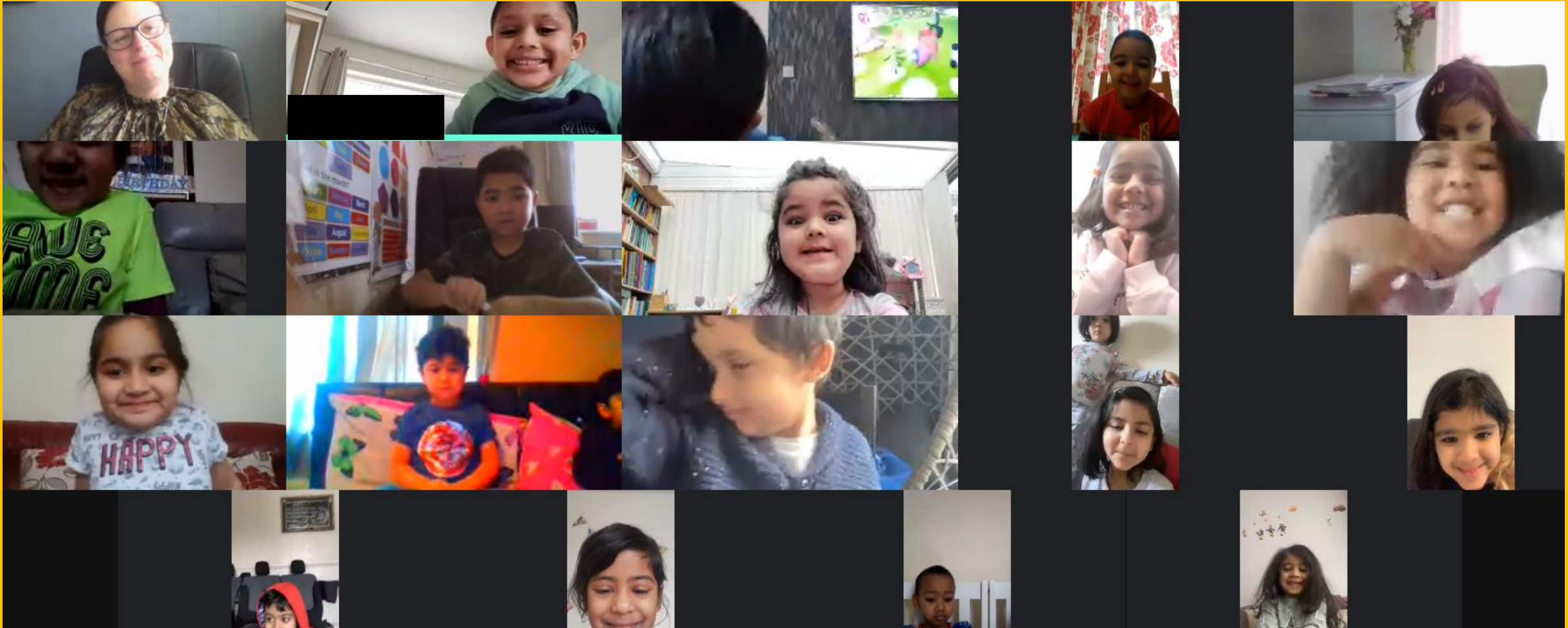


Emotions Song for Kids | Emotions Hokey Pokey | Preschool Songs | The Kiboomers

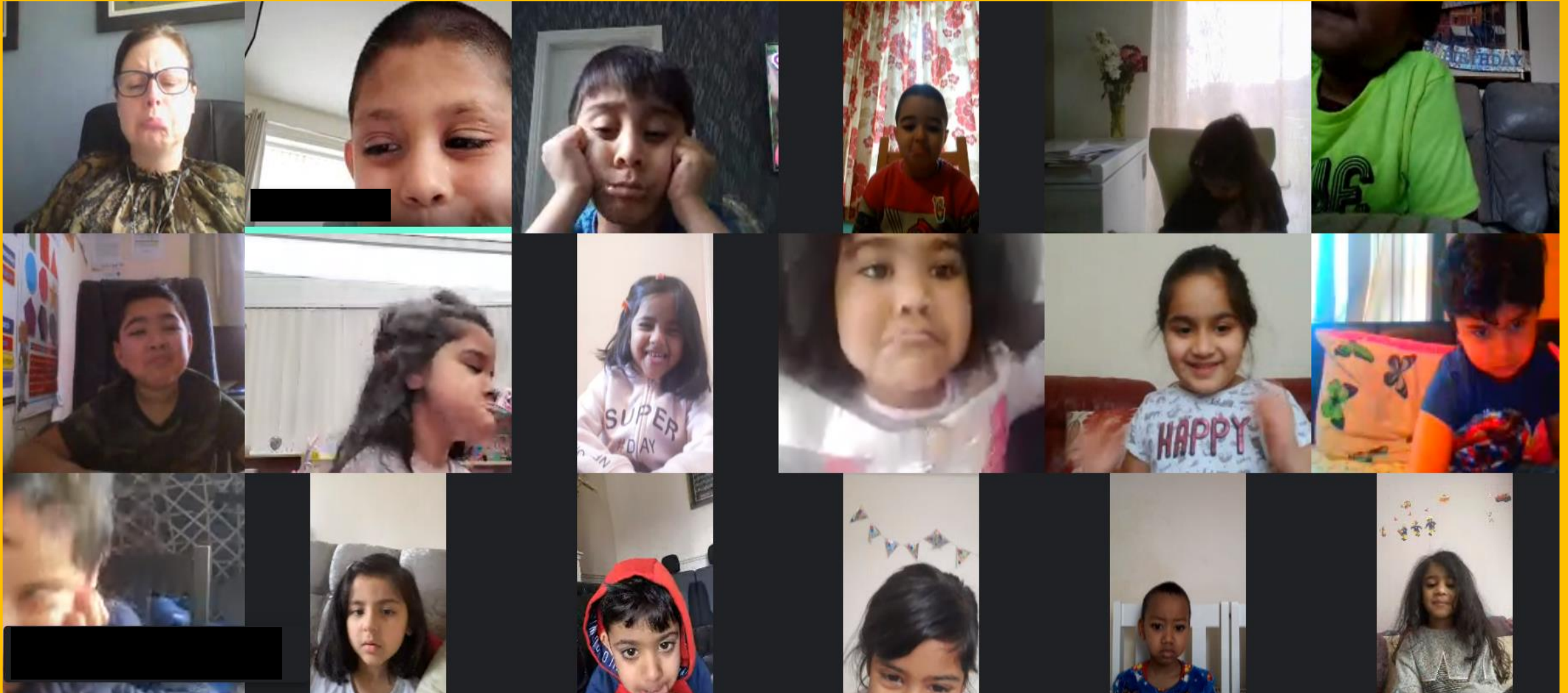
# Our CRAZY and EXCITED faces



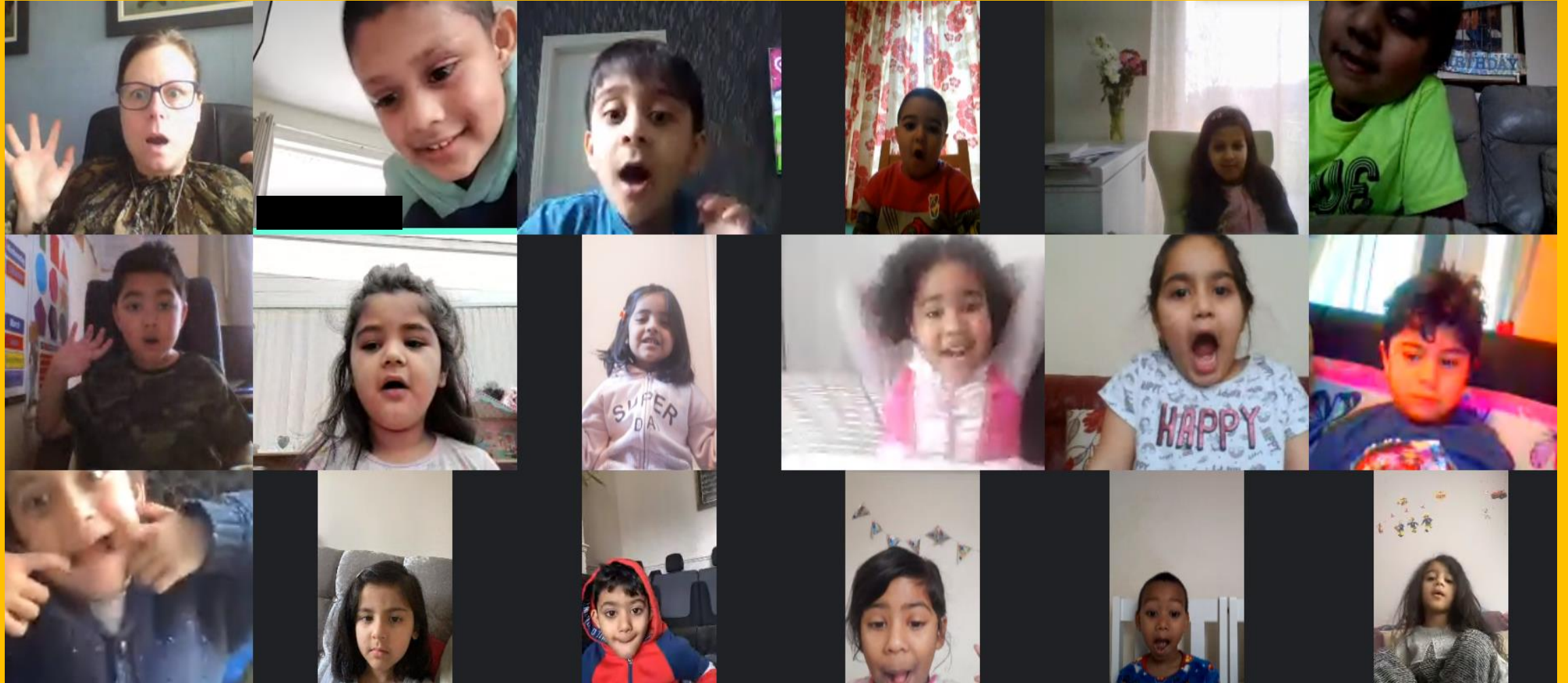
# Our HAPPY faces



# Our SAD faces



# Our SHOCKED and SUPRISED faces



How did you EXPRESS YOURSELF today?



Ayoub did some painting – he painted a beautiful rainbow.

How did you EXPRESS YOURSELF today?



Aairah did some reading  
AND some baking – she  
did a great job!





How did you EXPRESS YOURSELF today?



Zakaria created a lego model – he loves playing with his lego! He even made his sisters name – WOW!

How did you EXPRESS YOURSELF today?



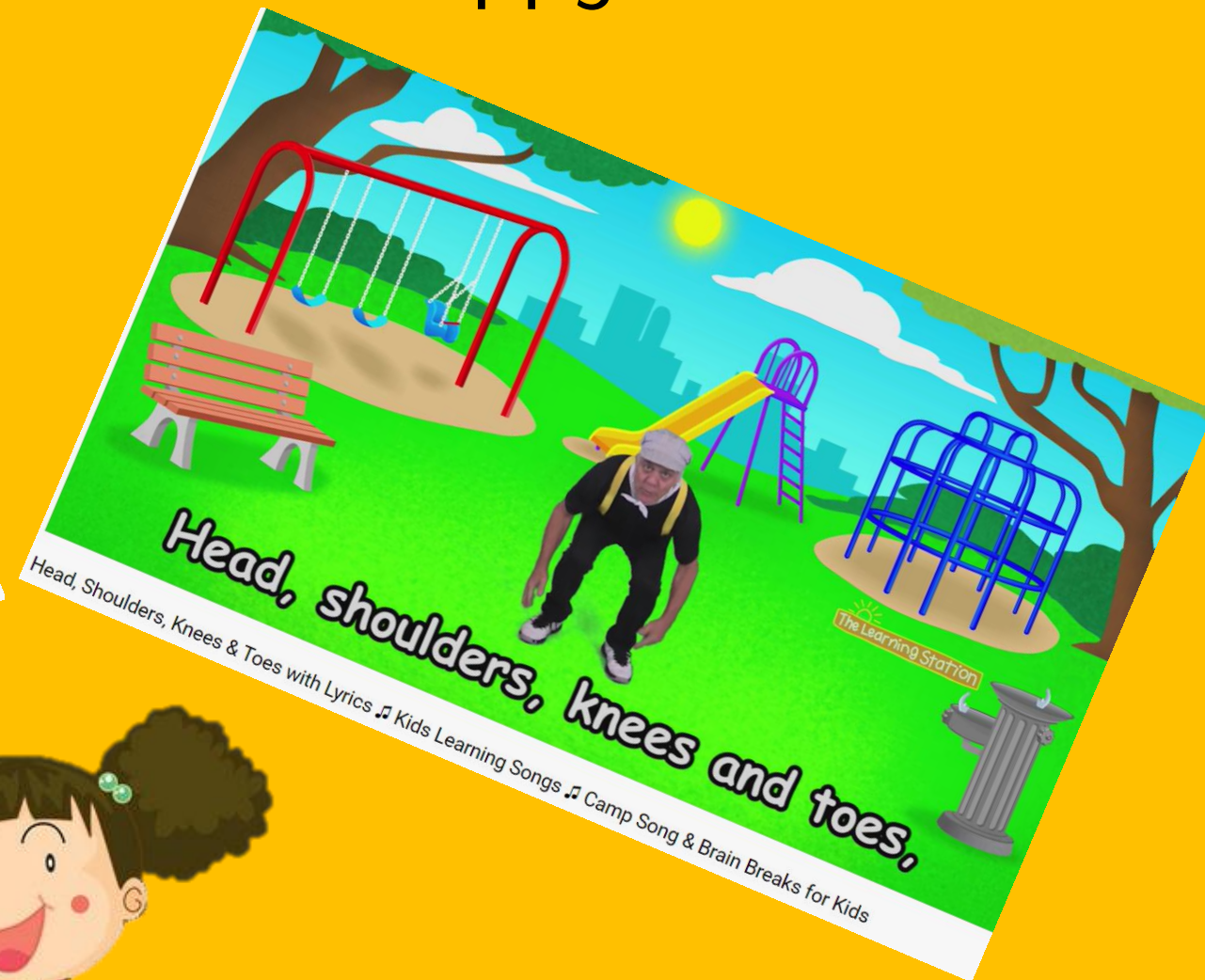
Ihtesham had a lovely chat with his Mum about different emotions he has experienced. He sent a lovely video talking about school and how he knows he can talk to all the teachers if he has a problem.

# How did you EXPRESS YOURSELF today?



Noor did one of our outdoor activities. She told us that she could start to see some rose buds.

We ended both our LIVE lessons today with a dance – dancing makes us FEEL happy.



# Can you do one of our Outdoor Activities?

**Children's Mental Health Week**  
**5 Outdoor Activities**

 Go outside and close your eyes.  
What can you hear? **Monday**

**Tuesday** Stand in an outdoor space.  
What is the weather doing?  
What does it feel like?  
How does it make you feel? 

 Can you spot any signs of spring?  
How many can you find? **Wednesday**

**Thursday** Watch the clouds.  
Look up at the sky in the morning, afternoon and early evening. How has it changed? 

 Have fun!  
Go for a walk, play a game, run, jump, skip or hop. **Friday**