

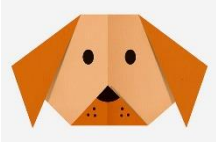





Here are some activities for you to do during mental health week.

<p>Worry jar</p> <p>Get a jar or box and decorate it how you like, when you have a worry, write it on a piece of paper and put in in the worry jar/box.</p> 	<p>Squiggle game</p> <p>Drawing can help you relax and express yourself, watch this video</p> <p>https://www.youtube.com/watch?v=ozKW1M97JXE&feature=youtu.be</p> <p>Post a picture on Dojo of your creation.</p> 	<p>Origami challenge</p> <p>Try this origami challenge.</p> <p>https://www.youtube.com/watch?v=dD4Gv3s3QH8</p> <p>Post a picture on Dojo of your creation.</p> 
<p>Singing</p> <p>Singing out loud make you feel happy and positive.</p> <p>Here is a positive song for you to learn, or just turn up your favorite song and sing loudly</p> <p>https://www.youtube.com/watch?v=yKpVM9QQzls</p> <p>'Express yourself'</p> 	<p>Draw your feelings</p> <p>It's good for your mental health to express your feelings, here is one way.</p> <p>https://www.youtube.com/watch?v=STdJ_8ORyE&feature=youtu.be</p> <p>Feelings</p> 	<p>Gratitude walk</p> <p>A change of scenery like going for a walk can help you to feel grateful for the things around you, name the things you can see, hear and taste, talk about the things you appreciate.</p> 

Worry dolls

Create a worry doll of your own, tell the worry doll your worries to help you feel better.
Post a picture on Dojo of your worry doll.



Start a diary

Writing a diary can help you express yourself. Writing your thoughts and feelings down, instead of holding on to them can help your mental health, its ok to feel and write happy and sad emotions in it.



Talking

Talking about your feelings is good for your mental health, spend some time with your parent/carer and talk about two things that are going well and two things that are not going so well.



Dance

Dancing makes you feel happy and can help you feel positive.
Here are some links to Go noodle.
<https://www.youtube.com/watch?v=ok7V1pWtRzs>
Or, just put some music on and dance with your family.



Art

Draw/ make anything you like; art is a great way to express yourself and can help you feel calm.
You could do some junk modelling; make a card for someone you love or create a picture to express who you are.



Smiling challenge

Smiling is infectious, if you smile at someone they will want to smile back, it can make you feel good as well as other people.
See how many people or how many times you can smile at someone and write it down, how many smiles did you do in a day? How did it make you feel? How do you think it made the other person feel?

