



Children's Mental Health Week Activities



Express yourself by taking part in 'Dress to Express'	Go for a long walk	Listen to your favourite music	Do some baking (send in a pic)	Learn a new dance	Learn and sing a new song	Look through family photos	Have a movie marathon	Perform a random act of kindness	Do some chores to help out at home
Enjoy some mindfulness colouring	Go for a bike ride	Read a chapter of a book	Go to bed early & get a good night sleep	Do a headspace session (Headspace is now on Netflix!)	Take time to celebrate an achievement	Video call your friends or family	Have an evening without social media	Make (help to make) a meal for your family	Connect with nature
Do a Joe Wicks workout	Listen to a podcast or audiobook	Research a topic of interest	Read a new book or an old classic	Make a den using your sofa cushions/ pillows.... Sorry parents	Spend an evening with your family	Hug a pet!	Help with the washing up after dinner	Keep a diary of your thoughts and feelings	Play a game with someone at home
Reduce your screen time for the day	Spend time with your siblings/ family member	Pay somebody (including yourself) a compliment	Learn a new skill	Design and complete a workout with your family	Spend time on your hobby	Express yourself with something creative	Try a new food	Try to find a new hobby	Make a scrap book
Draw or paint a picture	Design a treasure hunt using your new map skills	Try some yoga (Cosmic Yoga for the younger ones)	Phone/speak to someone you haven't spoken to in a while	Write a letter to someone and tell them what you've been doing	Watch a film with your family	Have some quiet, alone time to reflect on thoughts and feelings	Have a family/ friends bake-off	Write a list of things you're grateful for	Complete 10,000 steps in a day