

Conversation Starters

"WHAT ARE YOU GRATEFUL FOR THIS WEEK?"

"WHAT WAS THE KINDEST THING YOU DID FOR SOMEONE ELSE THIS WEEK?"

"WHAT WAS THE KINDEST THING SOMEONE DID FOR YOU THIS WEEK?"

"WHAT WAS THE MOST CHALLENGING THING THAT HAPPENED THIS WEEK?"

"HOW DO YOU FEEL WHEN YOU EXPRESS YOURSELF CREATIVELY?"

"WHAT ARE YOUR FAVOURITE WAYS TO EXPRESS YOURSELF CREATIVELY?"

"WHAT ARE YOU MOST PROUD OF YOURSELF FOR THIS WEEK?"

Mental Health Week

1st – 5th February

- **Inside Out Day – Wednesday 3rd February.** Wear your clothes inside out and talk to someone about your feelings – what do you feel inside? You can join in whether you are at home or at school.
- Wear a bright colour that expresses your feeling every day. Share photos of your bright clothing and add a word to express how you feel.
- Use the conversation starters to engage in conversations on mental health and freely discuss at home or at school.
- Complete mindfulness activities: colouring, breathing, exercise, thoughtful eating, smelling, etc... Refer to website for weekly challenges.
- Take photos of how you look after your mental health.
- Be kind to yourself!
- Please send photos to the year group emails.