



Mental Health Week



This week is an important week as we highlight the need to look after our mental health. This is just as important as our physical health. We want you to choose some activities across the week and share what you do with your teachers, using the year group emails.

Try to have less screen time this week!

Maker Hour



Fitness Hour



Genius Hour



Zen Hour



Make a tall tower using objects in your house.	Create a hide-me stone. Go for a walk and hide it for someone to find.	Have a family bake-off and judge whose is best.	Draw a picture on a cereal box and cut it out to make a jigsaw.	Build a den or a fort (inside or outside).	Make a boat that will float in the bath. Whose will float the longest?
Make up a fitness routine – Joe Wicks style!	Make an obstacle course either inside or outside.	Teach your family a TikTok dance.	Hold an indoor disco (perhaps a kitchen disco!)	Go for a walk and discuss what you see, hear, smell, taste.	Touch every wall in your house and time how long it takes. Improve your time!
Share and read your favourite books with each other.	Write and perform a play script involving your family.	Invent a brand new board game. Challenge your family!	Learn to read/spell 5 new words and teach someone else.	Draw a detailed family portrait including any pets.	Write a letter to a family member in another house and post it.
Help someone in your house (wash the dishes, tidy your room).	Look through a family photo album. Discuss who the people are.	Ask a family member to draw you a picture of your house. Colour it in.	Have a joke competition. Who can tell the funniest joke?	Play a board game or do a jigsaw together.	Listen to some music together. Share your favourite musical artists.