



Children's mental health week 2021



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

Mission reflection:

We will learn to act justly, love tenderly
and **recognise** God in our lives.

Heavenly Father,

So often we live in the past or fixate on the future. We let the past hold us back, and become anxious about the future.

Today, Lord, we ask you to draw our hearts and minds to the present. Allow us to enjoy what we have, here and now and help us to recognise your love in our lives ever so much more clearly with each passing moment.

We ask this in your name, Amen.





Sometimes we don't notice what's happening under our noses! We walk around with our heads full of "what if" and "if only".

We often have to remind ourselves that we should be *aware* of what's happening around us *now*; to live "*in the moment*". This helps us to rethink our priorities and enjoy what's happening *here and now*.

When we work on this awareness, we can then see clearly and make positive choices.



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



Monday's Challenges!



Take some time today to be aware of our surroundings at home or while out exercising.

Whilst you are *taking notice* and discovering more about your surroundings - make a mental note of things you don't normally notice.

Really take time to enjoy your day.





DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR HOOD

Mission reflection:

We will learn to **act** justly, love tenderly
and recognise God in our lives.

Dear Lord,

Help us to be active people in body, mind and soul
understanding that true, lasting wellbeing can only ever come
from you. You made us in your own image and you love us.

Make us aware of those around us who need our help and
encouragement today and give us the strength to be active in
our mission. May we act justly and love tenderly today and
always.

We ask this in Jesus' name, Amen.





DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

Being active can be hard! It is easier for us to stay in the relative safety of our homes watching TV than to challenge ourselves to develop our physical fitness. We know that our bodies need to be looked after though – that's why we do it.

It can also be hard to be spiritually or emotionally active. It is easier not to step out in faith, but to keep our head down and not engage with our own feelings or those of others. A lack of *positive* activity in this area can lead to problems which, although can't be seen as clearly as a broken leg, can be just as painful and damaging.

Being active physically, spiritually and emotionally are fantastic ways in which we can achieve a real sense of wellbeing.

Active body, active mind and an active soul = wellbeing
SARCHS style!



Tuesday's Challenges!



BE
ACTIVE

Break and Shake!

As we won't be able to have break and shake together this year, we challenge you to make some fun moves at break time at home. You can record them or take a photo and send into school!

E-mails to Mrs Baldwin baldwinl@sarchs.com

Are you OK?

Noticed someone who doesn't seem their self?
Spotted someone who might not feel great? Get active and talk to them; three words is all they may need to hear – Are you okay?

Have a great day!





EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF

Mission reflection:
We inspire, encourage and support
the development of our pupils through
nurturing their gifts and talents.

Dear Lord,

Thank you for the opportunity our school community provides for us all to learn and experience new things. We thank you for our gifts and talents and the inspiration you give us to use them for your work.

Help us always to be open to learning new things and to use this wisdom for the greater good of our community, and at home.

In your name we ask it, Amen.





Human beings have an inbuilt desire to learn.
We are unique in that we have a thirst for knowledge – and this makes us feel good!



When we experience success in our learning we feel happy! Maybe you remember the first time you achieved something special. How did it feel?



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

We also need to learn how to keep ourselves well – physically and **mentally**. We need to be aware, be active and keep learning about ourselves so that we can truly be who we are made to be.



Wednesday's Challenges!



KEEP
LEARNING

Quiz

Below is a link to a quiz. You will need to think about each of the five ways to wellbeing and how they can be achieved (see flower below).

You have until Monday to complete this and there are prizes on offer for the most imaginative answers!

It is important that we take time to learn about Mental Health and Wellbeing – we are all responsible for our own wellbeing and can have a positive impact on others.

Have a wonderful day!





TALK & LISTEN,
BE THERE,
FEEL CONNECTED

Mission reflection:

Together we will make a difference in our community....and celebrate together our reasons for living and hoping

Dear Lord,

Today we pray that the connections we have with others in school will be positive and strengthen our relationships.

Help us to understand that a kind word or a willing ear is all that some people will need to make their day special.

Give us the courage to step out in faith, connect positively with all those we meet today so that they will see your light shining through us.

Amen





Humans are a sociable species. We don't like living solitary or lonely lives – it goes against the way God made us. We need others around us in order to be successful in all aspects of our lives.

This also means that others need us too. We all have a role to play in helping others to be the best versions of themselves. No matter how insignificant they may seem, the smallest connection with another person can have a lasting impact – good or bad



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

Learning how to communicate positively is a very important part of maintaining healthy human relationships. Connecting with others helps us to feel good, safe and wanted.



Thursday's Challenges!



CONNECT

Connect

During these difficult times, it can become easy to withdraw and cut off from your friends. Today's challenge is to message or ring a friend or family member and learn 10 new things about them.

Smile

When out on your daily exercises smile at someone. It doesn't matter who it is – just smile at someone you don't know today. You'd be amazed how good it feels!

☺ Smile and the whole world smiles with you!





Your time,
your words,
your presence

Mission reflection:

Act Justly, **Love** tenderly

Dear Lord,

You ask us to be generous with our love for others just as you show your love to us. Help us to understand that this love can be shown in the small things we say and do; a kind word or a gentle smile.

We pray for those people in our community today who desperately need to experience that love and give us the courage to show it abundantly to them.

Amen





We are made to be generous. That doesn't just mean giving money to charity. Our time and our presence can be just as valuable – in fact more so.

Everyone struggles with their emotions sometimes; some people become anxious or depressed. For these people, a kind word or action from a friend, or stranger, can have a lasting impact.

God asks us to love everyone. Generously show that love by giving your time today to someone who needs some help, your words to lift their spirits and your presence to know that they are valued.



Your time,
your words,
your presence



Friday's Challenges!



Give

Wear it Bright!

Bright colours can make us feel good. Today's challenge is to find the most colourful item of clothing you have. Take a picture and send to Mrs Baldwin!

Prizes for the most colourful! 😊

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