18-24th May is Mental Health Awareness Week

RISE

MENTAL HEALTH IN SCHOOLS TEAM

Instagram: @CW_Rise

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DAY 1

Pavement Positivity

Try drawing some fun pictures of your family or favourite things on the pavement outside your house (if it's safe to do so). It might help to cheer people up as they go for a walk.

Or you could brighten up your daily walk with some chalk – think of things to draw while you are out for a walk around your local neighbourhood too to help people smile. You could design an activity or movement trail in different colours with fun things to do, such as hopscotch, spinning, hopping, jumping, stomping and skipping. Here are some ideas of things to draw:

Your family and friends Dinosaurs Flowers Outer space

Car Balloons House Castle Butterfly

Your favourite cartoon character or superhero – or design your own!

You could search the internet for uplifting quotes to write too ☺

"Be yourself; everyone else is already taken." — Oscar Wilde.


Be Kind

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BE KIND

Banana Loaf



Ingredients

100g (4oz) butter, softened
175g (6oz) caster sugar
2 eggs
2 ripe bananas, mashed
225g (8oz) self-raising flour
1 tsp baking powder
2 tbsp milk

Method

You will need a loaf tin, (17 x 9 x 9cm)

Lightly grease the loaf tin and line it with non-stick baking parchment. Pre-heat the oven to 180°C.

Measure all the ingredients into a mixing bowl and beat for about 2 minutes, until well blended.

Spoon the mixture into the prepared tin and level the surface. Bake for about 1 hour, until well risen and golden brown. A fine skewer inserted in the centre of the cake should come out clean.

Leave the cake to cool in the tin for a few minutes, then turn the cake out onto a wire rack.

Spending time baking either on your own or with a parent or sibling can be enjoyable and relaxing. As you beat all the ingredients by hand you are engaging in "heavy work" which can help you to self-regulate and feel calmer.

Some other examples of" heavy work" are things like:

- Carrying Heavy Items (eg. sand bag, box of Lego, shopping, chairs)
- Stretching or pulling a piece of Theraband
- Crawling - forwards, backwards, sideways, arm and leg on same side together, and arm and leg on opposite sides together.
- Pushing the wall down – with your hands, shoulders and back





Heavy work to self-regulate

Sharing with others



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BE KIND

DAY 3

Learn a phrase in a new language

"We are all different kinds of people but being kind is the best kind."

Try to learn this sentence in a different language every day

Here are a few suggestions but you can choose any language you want.

French: Nous sommes tous des gens différents mais étant gentil c'est le meilleur genre

Chinese: 我们都是不同的人，但善良是最好的一种

Wǒmen dōu shì bùtóng de rén, dàn shànliáng shì zuì hǎo de yī zhǒng

Listen to the translation and enjoy the sounds of the words. Try to write and draw the shapes of the letters

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Create a Galaxy Jar

Make one for yourself, for a friend, for your family. They're great fun, easy to make and stunning to look at!

Here at RISE we want to see your efforts so if you make one make sure to tag us or post it to our Facebook page!



List of Materials

Disposable plastic cups

Acrylic paints

Mason jar or any other clear glass jar

Cotton balls

Glitter (optional)

Chunky glitter (optional)

Holographic stars (optional)

Wooden skewer or tool to push cotton wool down (not shown)

<u>Instructions</u>

Fill cups halfway with water.

Add 4-5 drops of paint to each cup; using a different cup for each colour of paint.

Fill mason jar 1/4 of the way full with cotton balls, using your fingers to pull the cotton apart a bit before placing them in the jar.

Choose the cup with the lightest colour of paint and pour in just enough of the paint mixture to soak the layer of cotton balls.

Add some glitter and stars.

Repeat steps 3-5 for the next three colours (continuing to work your way from lightest to darkest colours).

Use the wooden skewer to push some of the darker paint into the lighter paint and spread the glitter and stars around a little.

Screw on the lid and enjoy!

To create more intense colour, feel free to add a few more drops of paint to the cups, but try and keep the colour light enough that you can see the cotton through the jar.

This year's mental health awareness week is highlighting the Theme of "BE KIND", we want schools to be able to offer their pupils and their families activities which personify this message. We at RISE feel this is always something that needs to be on people's mind but particularly during these strange and difficult times.

We have therefore put together 5 activities spread across the week for young people to try with the message of "BE KIND" behind each one; whether that's being kind to themselves, their families, friends or their wider community.

The Mental Health in Schools team is a new and exciting part of the RISE services and looks at supporting schools, their staff and pupils with their mental health needs on a universal basis.

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DAY 5

Create a Masterpiece

Create anything with the theme of "be kind", get creative!

Here are some ideas:

Make a collage of what you've done this week (or month) to be kind to yourself, or others.

Paint a painting with a happy message for someone that you miss, to make them smile ☺

Write a letter or a poem of hope for everyone to read.

Make a beautiful rainbow out of whatever you can find!

Express yourself in whatever way you like!

Instructions for Parents, Carers & Teachers:

- Encourage children to create a "masterpiece" of art on the theme of "be kind". A photo of this could be taken and then emailed to MHST@covwarkpt.nhs.uk.

- This can be related to their self-care and being kind to themselves, or what they have/would do to be kind to others. Messages of positivity or hope for others are also good ideas.

- They could write a letter to a friend or family member, telling them how they look forward to seeing them and what they look forward to doing together.

- Alternatively they could create something with the theme of "what would their idea day would look like" to be kind to themselves.

- The idea is just to be as creative as possible, with whatever their favourite medium of art is! Just encourage them to do something creative and positive!