



Home Learning Learning Projects

Mental Health and Well-Being Activities for Home

Community	Family
<ul style="list-style-type: none"> ✓ Put fairy/Christmas lights up in the window as a sign of hope for all ✓ Make cards for your vulnerable (elderly) neighbours and post them through the letter box ✓ Donate to the Foodbank in your local supermarket ✓ Draw colourful pictures and put them in your windows for others to see if they are out having a walk ✓ Make dot paintings with your fingers/cotton buds and hang them in your windows ✓ Write lovely messages and leave them on your front door for people to read who are passing by 	<ul style="list-style-type: none"> ✓ Make up a family jingle using household objects as instruments for the music ✓ Play a board game (or make one together!) ✓ Wear a colour of the day- you choose! The whole family has to wear that colour. You can talk about things in this colour: animals, foods, things in the house. How many clothes can you wear in the same colour? How about having a fashion show? ✓ Make sock puppets and have a puppet show ✓ Special Time- see attached ✓ Role Play- shopkeepers, hospitals ✓ Cook together (what's your favourite thing to make?) ✓ Make paper aeroplanes and see whose flies the furthest ✓ Have a pillow fight- last one standing gets to go to bed an hour later than usual! ✓ Make a time capsule for your family- what will you each put in it and why? ✓ Have a tea party ✓ Movie day
Indoors	Outdoors
<ul style="list-style-type: none"> ✓ Learn a new skill from an online platform (how to braid hair, play the piano, bake bread...) ✓ Hang balloons upside down with string, attach to a door frame (gently) hit them-good practice for hand eye coordination! How high can you go? ✓ Create a mini assault course with household objects and have fun completing it! ✓ Keep a journal of 3 things each day you are grateful for or 3 acts of kindness you have completed ✓ Potato printing (cut shapes in potatoes and use paint to make prints on paper or fabric). Leaf printing works too. ✓ Indoor hopscotch 	<ul style="list-style-type: none"> ✓ Beat your personal best- how many star jumps, skips, squats, press-ups can you do? Can you do a few more each day? ✓ Say good morning to the birds- how many different birds can you spot in the trees/sky? ✓ What's the weather like today? Feel the breeze/sun on your face if you go outside (or open a window. Close your eyes and soak it in. ✓ Create a mini assault course with household objects and have fun completing it!



Special Time – A great strategy for families!

What and Why	How
<p>Special time is a simple idea that carries a lot of power. It is a highly dependable way to build and rebuild a close connection with a child.</p> <p>Special time is when a parent spends a well-defined amount of time one-to-one with their child – no interruptions – promising to do whatever the child wants to do, within reason.</p> <p>When we spend special time with each child individually, the message to our children is that they are important.</p> <p>Special time improves behaviour. Special time builds our child’s self-esteem and enhances the parent / child relationship.</p>	<p>Spend special time with each child (if possible, 15 minutes for younger children each day, and 30 minutes twice per week for older children).</p> <p>Limit questions – no directions – no criticisms. Listen to your child, share information about yourself, and only ask questions to help your child think.</p> <p>If necessary, have special time when you and your child are already together (bath time, walking to school, riding in the car).</p> <p>If possible, schedule special time at the same time each day.</p> <p>Tell your child that you want to spend special time together because you love him or her.</p> <p>Let your child choose the activity.</p>



Article 31:
Every child has the right to play and relax