



Children's Mental Health Week is from Monday 3rd to Sunday 9th February 2020. Riverside School will be supporting this by helping our pupils 'Find their Brave'.

We would love our families to get involved, so please send in photos of your child 'Finding their Brave'.

Please email: [happiness@riverside.bromley.sch.uk](mailto:happiness@riverside.bromley.sch.uk)

Each school day will bring fun and engaging opportunities to challenge our pupils to 'Find their Brave'.



Date	Theme	Suggested activities
Monday	Try something new	Cook a new recipe, try a new food, try a new activity, play a new game.
Tuesday	Meet someone new	Meet and greet some of our emergency services friends that are coming to visit.
Wednesday	Make new friends or visit new places	Visit a new class, a new place, speak to someone you've never spoken to before.
Thursday	Physical challenge	Have a race, dance off, wall ball challenge, go for a walk, go to the park.
Friday	Wellbeing challenge	Relaxation, take selfies with friends, do something you love!