



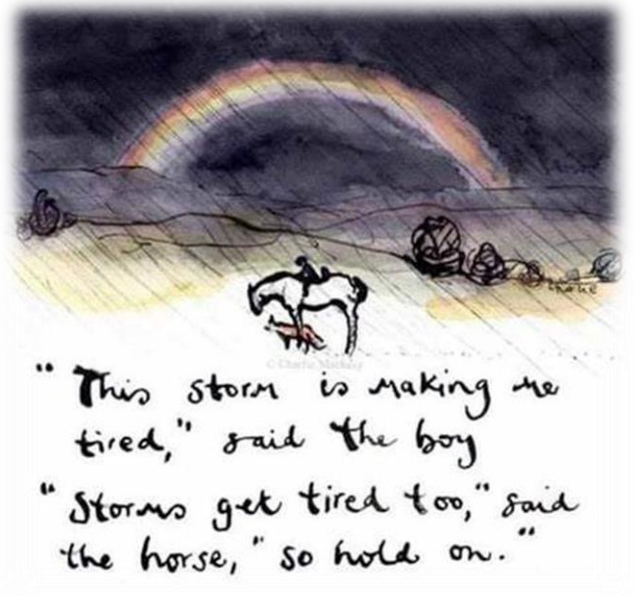
Join us in supporting
Children's Mental Health Week

1st February 2021

To

7th February 2021

*We recognise that times are tough
and that looking after our Mental
Health is as important now as it
always has been.*



*We invite you to participate in a week of supporting Children's
Mental Health with us.*

*We would love to hear about any activities you and your family do
during the week. We have suggested some ideas (overleaf) or maybe
you have some great ideas you could share. We would love to hear
and see some of your photos, so please share with us by sending to
happiness@riverside.bromley.sch.uk*



This year's theme is 'Express Yourself'

So Dress to Express on:

Friday, 5th February 2021



"Be kind whenever possible. It is always possible" ~ Dalai Lama



painting



dressing up



make a film



dance



scooter ride



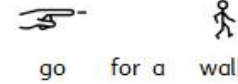
trampoline



watch the stars



yoga



go for a walk



gardening



play a game



build a sensory den



look at old photos



facetime a friend



and videos



watch a film



bike ride



karaoke



cook



foot massage



make an



instrument