

GROWING TOGETHER



You are invited to 'Dress to Express' on Thursday 10th February 2022 to raise awareness for Children's Mental Health week.



We will also be celebrating **LGBTQIA+** History month this week with a focus on rainbows.

There are many fun and rewarding activities which can help to support children's mental health and wellbeing. Here are a few ideas to try at home:

Play

Play is a great stress reliever and is great for your child's emotional wellbeing.



Get out some toys or play hide and seek.

Relaxation

Relaxation calms the body and mind. Maybe have a pamper evening, massage or favourite film.



Music

Music allows you to express yourself without words. Listen to some different music from around the world. Sing like no one's listening and dance like no one's watching.



Exercise

Exercise is good for physical and mental health. Timetable some exercise, swimming, bike ride or maybe some trampoline time.



Cooking

Cooking is a great way to meet your sensory needs. Find a recipe you can all help make together.



Nature

Studies say that nature makes us happier and healthier. Why not take a walk in the woods or visit a local park.



Relationships

Having positive relationships with friends and family can help lift your mood. See some of your favourite people - laugh, cuddle and create memories.



Please send in some pictures of what you have done as a family to celebrate Children's Mental Health Week to

happiness@riverside.bromley.sch.uk

