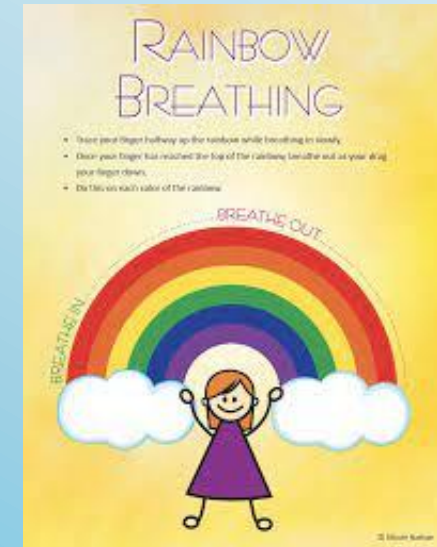




# Children's Mental Health Week



# What can we do to have a healthy mind?

Breathing and meditation – I'll show you how to do this later



Having fun! - Doing things you enjoy – play a game, read a book



Being creative – art, making things, colouring in

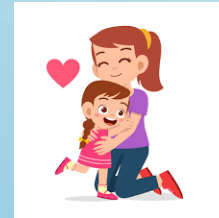


Connecting with people – this week's theme: Let's connect



# How can we connect with others?

- Spend time with people you like / love
- Playing with friends
- Talking with family sharing our thoughts and ideas, likes and dislikes
- Giving a hug
- Holding hands
- Smiling at someone
- Sharing our stuff
- Saying something kind to someone
- Helping someone

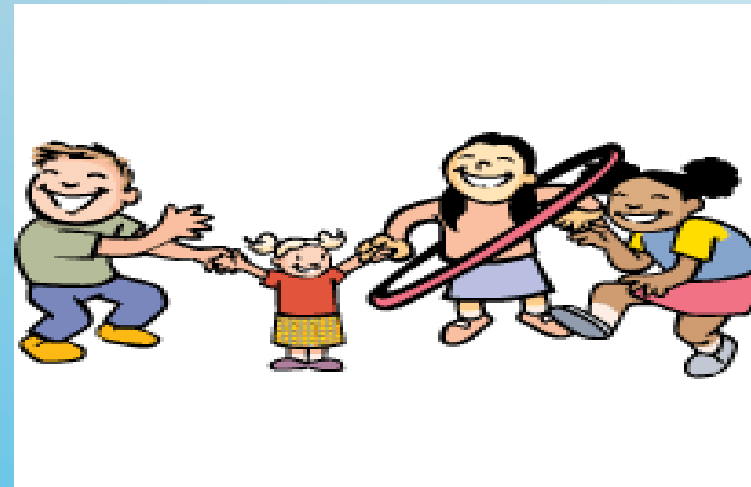


Let's try and do some of these things every day this week to connect with others at school and home. Have a think – what can you do today? – Let's share your ideas.

# Play hula hoop connections game

Pass the hula hoop around the circle without breaking hands –  
share something about yourselves that connects you to the others:

- 'we live in the same town'
- 'we go to the same school'
- 'we wear the same uniform'
- 'we speak the same language'



# Let's try some Breathing:

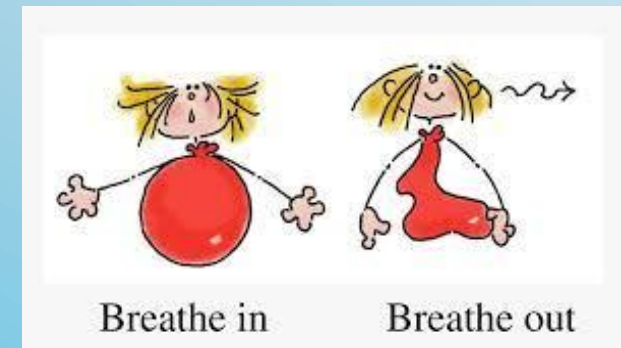


- Put 1 hand on your **chest**, 1hand on your **belly**
- Don't try and change your breath or not change it - just **notice** it.
- **Notice** where you're breathing more / which is rising more – the hand on your chest or the hand on your belly?
- Chest breathing turns on our **stress mode** or **feel bad mode**
- Belly breathing turns on our **relax mode** or **feel good mode**



# Balloon breathing

- So breath in and breath out all your breath out of your tummy and touch your **fingertips together** on your tummy
- Big breath – fill your belly with lots of air – like you are filling up a balloon - your **fingertips should separate**
- This is how you want to be breathing
- Now let's do some balloon breathing for a few minutes
- <https://www.youtube.com/watch?v=RiMb2Bw4Ae8>



# Hot chocolate breathing

We also want our **out** breath to be longer than our **in** breath – this also turns on our relax mode

Feeling cosy, feeling snug, time for a breath that feels like a hug.  
Give your selves a big hug.

I want you to pretend you are holding a warm cup of hot chocolate.

It feels so nice and warm in your hands and smells so sweet and chocolatey.

Breath in through your nose – smell that sweet chocolatey smell for 1 2 3 - hold for a second

Breath out through your mouth –

blow your hot chocolate to cool it down so you can drink it.

Let's try that again.

Once more.



# Animal breathing

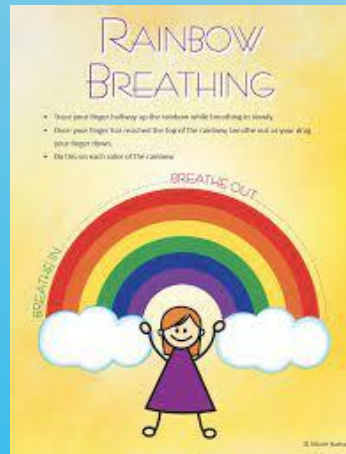
Lion breath

Snake breath

Bumble bee breath

Puffa Fish breath

**Finger breathing or rainbow breathing**





# Happy Place Meditation

<https://www.youtube.com/watch?v=h804QmhDusY>

