Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK
1 - 7 FEBRUARY 2021

has taken over

IVYDALE NEWS

As you will have seen in Monday's assembly, this week is Children's Mental Health Week hosted by the charity Place2Be and the theme is **Express Yourself**. With schools partially closed and with so much uncertainty around, children and young people's mental health has never been more important.

Place2Be and ELSA have created activities and resources to help children (and adults) to explore the different ways they can share their thoughts, feelings and ideas. Please have a look at some of the resources listed below that can be used for learning at home and in school. Teachers may also send you some extra ideas throughout the week.

https://www.childrensmentalhealthweek.org.uk/parents-and-carers/

https://www.elsa-support.co.uk/express-yourself-february-calendar/

Don't be put off being creative by a lack of resources!

(Thanks to Kingsdale's Art Dept. and Sammy for sharing)

RULER
Building Emotionally Literate Schools

We are delighted to be working with other primary schools in London and beyond to introduce RULER, a whole school programme designed to teach mental health and wellbeing.

RULER was created by The Yale Centre for Emotional Intelligence and is supported by extensive research in the USA and Australia. If you are interested then you can find out more here: https://www.ycei.org/

By way of an introduction to RULER, the aims are to teach children five key skills:

- **R**ecognising emotions in yourself and others
- **U**nderstanding the causes and consequences of emotions
- **L**abeling emotions accurately – if you can name it you can tame it
- **E**xpressing emotions appropriately
- **R**egulating emotions effectively

Whilst school is partially closed, our Phase Leaders, Jan, Helen and Vicki will be introducing the programme to everyone through weekly assemblies. This means that all children, whether they are learning at home or in school will experience the same You should have received the link for the first assembly already but you can access them all from here too.

ELSA Support February EXPRESS YOURSELF CALENDAR
www.elsa-support.co.uk

1 What makes you feel happy? Draw anything at all that expresses your happiness.

2 Create a collage of calm by cutting out pictures that are calming for you. Stick them to a piece of card and hang up in your room

3 Draw a large heart on a piece of paper and fill it with colour to represent how you are feeling right now

4 If you could choose an animal to turn into for one day. Which animal would you choose and why. Draw it

5 What is on your mind right now? Draw a huge thinking bubble and fill it with drawings

6 Where do you feel the safest? Draw your safe place. It can be anywhere at all where you feel calm and relaxed

7 Draw a picture with your eyes closed. How does it feel to be free to draw anything from your imagination

8 Draw yourself as a superhero. What is your super power? How does it feel being a superhero?

9 What scares you? Draw your biggest fear!

10 Draw some important memories for you!

11 What does your anger look like? Draw your anger

12 Draw something you are thankful for today

13 Draw around one of your hands and then decorate each finger with something you are good at

14 Draw a comic strip of a fun time that you have had. Who was there? What did you do?

15 Close your eyes and scribble on a piece of paper. Really enjoy feeling the freedom of just scribbling

16 Can you draw something just with the letters of your name today?

17 Draw a gift you would give to someone very special to you

18 What do your worries look like? Are they monsters or something else? Draw your worries today and talk to someone about them

19 Make some patterns today and then colour them all in to make a beautiful piece of art

20 Create some bunting for a celebration. What might you be celebrating today? It can be anything at all!

21 Create your own character for the emotion of happiness. What might it look like? Draw it!

22 Draw your favourite time of year. Is it your birthday? Christmas? Winter? Summer? You choose!

23 What do you dream about? Draw one of your dreams

24 Listen to some music at the same time as drawing. What is in your mind when listening to the music.

25 Smiling challenge. Draw a HUGE smiling face then write down all the reasons that make you smile or laugh

26 Draw a self portrait of you. Use a mirror to take in all the details of your beautiful face

27 Draw something in nature today. It could be an animal, bird, insect, flower or leaf. Anything that you choose

28 Draw a picture of someone you admire. Why do you admire them?

eLSA support