



Children's Mental Health Week 2021



Activity Ideas

We have linked together Children's Mental Health Week with a maths-themed number day. Each of these mathematical activities link to one of the 'Take-5' steps to mental well-being. On Friday, you could have fun trying some of these or some maths ideas of your own! Your teacher will upload some activities and resources that might help to your Google Classroom.



TAKE NOTICE

Taking notice of your surroundings is an important way to pause and slow down. Why not go on a number hunt? You could look for all the different numbers you can find in your home or even go out and about for a walk and see how many different numbers you can spot. Take some photos and make a photo montage when you get home.

GIVE

Giving to others is another important way that we can feel good about ourselves. For a number day themed challenge, why not collect together your loose change and coins throughout the week. Use the coins to construct a Number Day themed picture. Take a photo of your picture before you then count up how much money your picture is worth. Keep hold of the money and when we are all back at school, we will collect it together and donate it to Young Minds.

Have a go!

LEARN

Learning new things gives us a sense of pride and accomplishment. Why not try learning how to count in different ways. Can you learn how to count in a different language: French, Spanish, Greek - film yourself counting in a different language and send it to us to watch and enjoy! You could also learn how to count like the Ancient Mayans or the Romans and link your learning to history. Can you find out any information about famous mathematicians? Who was Pythagoras? How did Alan Turing use maths as a code-breaker? See the learning activities on your Google Classroom



BE ACTIVE

Why not try some 60 second challenges to get active and fit? How many of these can you complete in 60 seconds? Can you record it in different ways? A table, a bar chart or graph or a pictogram?
How many:
- star jumps
- lunges
- squats
- laps of the garden
- bounces on the trampoline?



CONNECT

Making connections is an important way to protect our well-being. Today, why don't you try to make some number connections by completing some dot-to-dot activities. These are a great mindful activity that help to focus your mind. Can you create your own dot-to-dot to share with someone else?



What about trying these things?



Let the rest of Stoke know what you did to improve your wellbeing this week. Post pictures in your Google Classroom or send to homelearning@stokeinteignheadschoo.org

