

Children's Mental Health Week: 1 - 7th February 2021

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MONDAY 1st FEBRUARY - HOPE

In St Mark's, we picked 'Hope' as one of our values because as well as being a positive life skill it is also one of our Christian Values to be forward looking.

The Dictionary definition of the word 'Hope' is to "want something to happen or to be true".

For pupils that have hope for good things to happen, it can become inspirational and encourage them to seek creative solutions. These children often have a more positive outlook on life and a greater sense of self-esteem.

We can all think about some personal hopes we have for 2021.

ACTIVITY:

Hope is everywhere we look in nature. From a tiny tree sapling stretching up into the sky hoping to find sunlight, to a squirrel scurrying around the woods always hopeful that he finds some nuts.

For today's activity please take a local walk outdoors in an area of beauty. Perhaps at Weston Woods, follow a cycle path or visit the Worle Nature Reserve. Take time to look for some new plants growing and see if you can spot any wildlife along the way.

When you find a suitable spot, ask your adult to help you clear an area on the floor. Use leaves, flowers, sticks and rocks to make a nature picture to show something you may hope for in 2021. Frame it if you can with natural items. It could be a picture of a new pet you may hope to own, or you playing with a new friend you may hope to make once school is back to normal. Alternatively, you can spend time creating a pattern or shape with the natural resources. See if you can spot the hope for better weather on the photos at the bottom of this section.

Send your creative artwork into the Let Your Light Shine email address to be shared on the school website; LYLS@stmarks.bwmat.org

WHY WILL THIS ACTIVITY HELP SUPPORT CHILDREN'S MENTAL HEALTH?

Being outdoors in natural surroundings improves well-being and lifts moods. It can stimulate learning about the environment whilst giving children's brains a break from paper and pencil or online learning. Having some good quality family time together outside in your safety bubbles can be a bonding experience and help create some lovely memories. It can also relieve boredom by having a change of scene from the same four walls and use up all that excess energy! We are very lucky to be able to explore a range of 'green' areas in a safe, socially distanced manner right on our doorstep.



Samples of artwork created outdoors using natural objects. What picture can you create to express yourself?

