

Mental Health Week

18th May - 22nd May



Hi Everyone,

I think we all may feel like the tortoise at some point of the week and so do our pupils. I have put some resources together for you to use either via Zoom, twitter or email. All resources will be put on the school website under '**Mental Health Awareness Week**'. If you need anything in particular please contact me and I can direct you or provide resources. We are all finding this situation very different so staff could give it a go too! Below are a couple of techniques that don't take too long but give you time to just take some 'ME' time.

Enjoy!!!

Relaxation Activities

A simple exercise that encourages deep breathing - a way to relax.

Pretend you have a nice smelling flower in one hand and a slow burning candle in the other.



Breathe in slowly through your nose as you smell the flower.

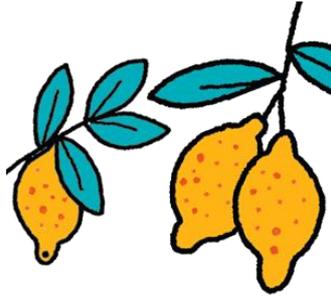
Breathe out slowly through your mouth as you blow out the candle.

Repeat a few times



This exercise releases muscle tension.

Pretend you have a lemon in your hand.



Reach up to the tree and pick a lemon with each hand.

Squeeze the lemons hard to get all the juice out – squeeze, squeeze, squeeze.

Throw the lemons on the floor and relax your hands.

Then repeat, until you have enough juice for a glass of lemonade!

After your last squeeze and throw, shake out your hands to relax!



This exercise releases muscle tension.



Pretend you are a feather floating through the air for about ten seconds.

Suddenly you freeze and transform into a statue. Don't move!
Then slowly relax as you transform back into the floating feather again.
Repeat, making sure to finish as a floaty feather in a relaxed state



This exercise releases muscle tension and massages your hands.



Make your own stress ball(s) by filling balloons with dry lentils or rice.

Take the ball(s) in one or both hands and squeeze and release.

Experiment with squeezing the ball.

Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.

