



# Healthy Week Homework



DATE SET  
Monday 18<sup>th</sup> June 2018

DATE DUE  
Friday 29<sup>th</sup> June 2018

Dear children and adults,

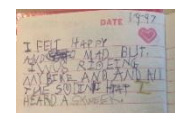
Our topic for *Healthy Week* this year is *Mental Health and Wellbeing*. We will be learning about how to keep our bodies healthy through food, exercise and hygiene. We will also be learning about how to keep our minds healthy so that we look after our mental health. We would love you to complete one / some of our homework ideas and competition.

## Mental Health and Wellbeing

Just like taking care of your body to be healthy, looking after your mental health and wellbeing means taking care of your mind and is just as important. Here are some activities you could do at home to help improve and take care of your mental health.

1. Make a feelings chart. Draw a picture of each different feeling on a piece of paper or cardboard. Use it when you find it difficult to explain what you are feeling and to track how you are feeling each day.
2. Make a *Worry Box*. Use a recycled box like a tissue box or a shoe box and decorate it so it looks colourful. If you have a thought that makes you feel worried, angry or sad, try writing it down and putting it in the *Worry Box*.
3. Write a *thought diary*. Sometimes we have so many thoughts in our heads that it is difficult to resolve them effectively. Try making a *thought diary* by stapling or gluing some pages together and decorating them to make them your own. At the end of each day, record your thoughts and how you are feeling.

**Most importantly**, share your feelings and worries with people you trust.



## Feelings

Here are some feelings we might feel every day.

excited, content, calm,  
thoughtful, relaxed, anxious,  
jealous, overwhelmed, confident,  
shy, timid, angry, frustrated,  
brave, sad, joyful, helpless, bored,  
lonely, hopeful, confused.

It is healthy and normal to feel lots of different feelings.

## Competition Time!



Can you design a breakfast bar?  
Write a recipe for a healthy breakfast bar.

Remember it must be:

- Healthy
- Filling
- Nutritious

The best recipe will receive a prize!  
Hand your entries into the office by **Friday**

**22<sup>nd</sup> June.**

(Write your name and class on the back of your recipe)