



Us Plus Mental Health and Wellbeing Bulletin 13

Hello everyone,

February 1st to 7th is Children's Mental Health Week and Penrice are taking part in Place2Be and Sustrans' week of activities, alongside our weekly 'Us Plus' Bulletin, to promote and support positive mental health.

In the current situation many of us are finding things very tough and it is important we all look after our Emotional Mental Health and Wellbeing. This year's the theme for Place2Be is Express Yourself and Sustrans are focusing on 'Ways to Wellbeing'.



Place2Be has created activities and resources to help children (and adults) to explore the different ways that they can share their thoughts, feelings and ideas. There are lots of resources on the Children's Mental Health week website that you can use at home including activity ideas, tips for parent and carers and an online assembly which will be available from Monday 1st February.

Visit: Childrensmentalhealthweek.org.uk

to find out more or email me at ktaylor@penrice.org.uk.

Sustrans have provided a daily activity that aims to improve wellbeing I have made these activities available on Show My Homework every day of Children's mental health Week. There are some great ideas linked into being outdoors - something we know has a very positive impact on mental health.

All of the activities are based on the "5 Ways to Wellbeing"



Monday 1st February: Take 5 - sensory discovery

Tuesday 2nd February: Soundscapes

Wednesday 3rd February: Prism Pursuit

Thursday 4th February: Power Positions

Friday 5th February: Wellbeing Bingo

I'd love to see any photos of your participation in these activities - Email them to me at ktaylor@penrice.org.uk

Mrs Taylor

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling at this time. You can do this by emailing me at ktaylor@penrice.org.uk

