



St Vincent's Catholic Primary School

Wellbeing Wednesday: Screen Free Activities

Children's Mental Health Week

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good. It's important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

<p>KS2 Perform Workshop Activity: We all have positive and negative thoughts. When you think of something that makes you smile, write it down and stick it somewhere in your bedroom. This is your 'Happy Wall'! You can add to this each day.</p>	<p>KS1 Perform Workshop Activity: Draw a picture of you being a superhero with your head lifted up and filled with positive thoughts.</p>	<p>Create a poster that shows what is special about you. Think about your family, friends, hobbies, school and faith.</p>	<p>The Great Big Art Competition: Inspired by rainbows from the first lockdown, Antony Gormley (who is famous artist) wants everyone to draw a picture of an animal and display it in your window for everyone to see.</p>
<p>Make up a song to celebrate the thing you love doing (If you're stuck you could use the song 'My favourite things' from the <i>Sound of Music</i> and change the words).</p>	<p>Racial Justice Sunday Mission: Write your own 'prayer card' for racial justice and/or design a logo/image to go with it.</p>	<p>World Week: Please create a photo that reflects your heritage country/ies. On Thursday save this in the Google Classroom assembly room and this can then be used in the World Week film</p>	<p>Write a prayer thanking Jesus for all the special people in your life. Make a card for one of them to say thank you to them.</p>
<p>Make a healthy snack that includes different colour foods such as a range of different coloured fruits or vegetables</p>	<p>Write a poem to express how you are feeling today.</p>	<p>Mindfulness colouring (see the attached sheets)</p>	<p>Dance like nobody is watching to some of your favourite music! You can listen to the radio or make your own music using anything you have at home.</p>

Together through Christ we grow and learn

