

Fancy Something Extra?

Health Week for Families

At this time our physical and mental health need to take priority. Try some of the challenges below as a family and don't forget to let us know how you get on.

Mental Health Challenges - This year the focus is on 'Finding your Brave'. Bravery can come in all shapes and sizes and is different for everyone. Bravery can be sharing worries and asking for help when you need it, trying something new or making the right choices.

- Think about something you've done where you've felt brave - how did it make you feel?
- Think of something brave you could do at home - it doesn't have to be something big!
- Think of a new skill or activity you could try at home that you've never done before.
- Ask the people you live with what they do to be brave.

EYFS and KS1

Read a picture book about bravery. Ask questions and discuss key ideas with your child

- What was brave about what the character in the story did?
- How do you think he or she felt when they needed to be brave?
- Can you share with the class all the brave things you've already done in your lives?
- Who thinks it's brave to ask for help if you need it and why? (Remind them who they can talk to).

Books

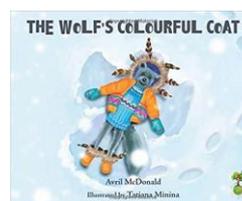
'What was I scared of?' By Dr Seuss

'Be Brave Little Penguin' by Giles Andreae

'The Lion Inside' by Rachel Bright (also read by Mrs Jaworski on Bluecoatbedtimestories on Instagram)

Listen to the story on YouTube by following this link:

<https://www.youtube.com/watch?v=Z2593x-H3xQ>



KS2

Watch the 'Harry Potter' clips below that show characters facing their fears. Ask your child questions and discuss:

What was brave about what the character in the story did?

How do you think he or she felt when they needed to be brave?

Can you share all the brave things you've already done in your life?

Is it brave to ask for help if you need it and why? (Remind them who they can talk to e.g. family, teachers).

<https://www.youtube.com/watch?v=AkqzW0JePyU> (friendship and bravery)

<https://www.youtube.com/watch?v=6O0K8TaLyUU> (Roar)

<https://www.youtube.com/watch?v=0FvnjSt7Scs> (Heart of Courage)

Activity - Draw or make your own brave cartoon character adding the qualities it will have, the things that will help it to be brave and a motto.

Physical Health Challenges - there are lots of different ways that we can keep our bodies healthy, from physical exercise to eating healthily. Try some of the activities below with your family.

Plan and cook a meal at home for your family. There are some great recipes on the NHS change for life website:

<https://www.nhs.uk/change4life/recipes>



Don't forget to use Twitter to let us know what you have made.

Find out how much you know about healthy eating by testing your knowledge on this quiz:

<https://www.highspeedtraining.co.uk/hub/healthy-eating-quiz-kids/>

How many of these exercises can you complete this week?

- PE with Joe Wicks (half hour daily workout on YouTube)
- Balloon Fun (throw it, catch it, keep it off the floor, balance on different body parts etc)
- Skipping (how many can you do without stopping. Challenge yourself each day and record your results)
- Animal Races (move like different animals e.g. waddle like a penguin, hop like a rabbit etc from one place to another and time each other to see who is the fastest)
- Create an obstacle course using furniture indoors or chalk outside (can you move over, under, through and on to complete the course)
- Bowling (use old plastic bottles and a ball to create your own bowling alley in your hallway!)
- Zumba Kids (dancing for kids to familiar tunes on YouTube)
- Popcorn Pushups (Put a small bowl of popcorn on the floor. Lower yourself down and stick out your tongue to get a piece of popcorn with each thrust)
- Write different exercises onto pieces of paper and set up a circuit with different stations e.g. ten star jumps, 5 squats, run on the spot etc. (once an exercise has been completed move on to the next station).

[Emotional Wellbeing](#) (Hyperlinks are in red - right click to access.)

WellRead are a (not for profit) company that provide stories for parents to read to their children in order to build resilience and wellbeing. You read a story to your child and discuss the thoughtful questions provided.



You can sign up to their website for free here:

<https://www.mywellread.com>

Interestingly, the company is based in a building that used to be a Blue Coat school! They are keen for our Blue Coat family to use their website and they welcome your feedback, so let us know how you get on.

Make some wishes and be hopeful for the future:

[ELSA Website: Mandala Wishes](#)



A to Z of Self Care

Explore these ways to care for yourself and your family.

[ELSA Website Self Care](#)



Can you design your own alphabet of self care and share it on Twitter?

Before your child goes to sleep, encourage them to list 3 things that went well that day.

More information on this activity can be found here:

[Action for Happiness 3 Good Things](#)



You could listen to the Peace Out podcast to help you relax before bedtime.

[Peace Out Podcast](#)

Practise the art of mindful breathing as a way to relax and find peace.

These printable cards can help you:

[Childhood 101 Breathing Exercises](#)

Easy to follow Mindfulness and Breathing Activities are also available on the gonoodle website. Just follow the instructions on the videos.

[Go Noodle Flow](#)

[Go Noodle Think About It](#)



You may also like to try some Yoga - here are some simple poses to get you started:

[Childhood 101 Garden Yoga](#)

[Childhood 101 Calm Down Yoga](#)



There are also many Yoga videos online, such as Cosmic Yoga

Praer can help aid your emotional wellbeing too.

Here is our school prayer:

Chester Blue Coat School Prayer

This is our school.
Let it be happy,
Let it be healthy,
Let it be peaceful.
Let our learning and friendship be like the
trees
And never stop growing,
Learning from our mistakes
And choosing to do the right thing.
Help us to be calm and kind, Respectful to
ourselves and each other.
And to remember that each and every one
of us
Makes our school a special place.
Amen

[Child's version of the Lord's Prayer by Sally
Lloyd-Jones](#)

Some helpful advice for supporting your child's mental health during the pandemic can be found here:

[Institute for Child Psychology](#)

[Canadian Mental Health Association](#)

Support can also be found at:

<https://www.childline.org.uk/> Call 0800 1111

<https://www.samaritans.org/> Call: 116 123

If you are finding things tough - please reach out to us and ask for help.