

Padnell Infant School

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Dear Parents & Carers,

As we come to the end of the first day of Children's Mental Health Week, we thought it might be nice to share the story "The Worrysaurus" read by author Rachel Bright.

https://www.youtube.com/watch?v=GYV_o9Uj2jc



The theme of this year's Children's Mental Health Week is **Express Yourself**. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing, dancing and doing activities that make you feel good.

We all have worries now and again and it is important to recognise and share these. In these challenging times, it is more important than ever that we try to take time to look after the mental wellbeing of ourselves and everyone in our community.

Below is a 'Wellbeing Bingo'. Why don't you see how many of the activities you can complete this week? You could do it individually or as family.

Dance to your favourite song	Hug someone in your house	Bake something delicious	Go outside and be in nature	Play a board game
Whisper your worries into a stone and throw them away	Talk to someone you love or miss on the phone	Read a book to a teddy/blanket	Snuggle up with a blanket	Do something kind to someone else
Write a note to someone you miss	Have a bubble bath	Dress up in your best/craziest clothes	Draw a picture	List 10 things you are grateful for
Spend some time colouring	Try some yoga	Sing along to your favourite song	Write a diary entry	Build a den

Yours sincerely,

Mrs Paula Young
Assistant Headteacher