



Hilderthorpe PRIMARY SCHOOL

Aiming High - Reaching Higher

Shaftesbury Road
Bridlington
East Yorkshire YO15 3PP

Telephone: 01262 672475
Email: hilderthorpe.primary@eastriding.gov.uk
Head Teacher: Mrs S Hall

Friday 29th January 2021

Dear Parents/Carers



At Hilderthorpe Primary School, we are aiming to help and guide children through these difficult times and with Children's Mental Health Week coming next week (1st - 7th February), we are sharing our fabulous ideas with you and your child/children to possibly participate in to help them both mentally but also physically. This year's theme is about [expressing yourself](#).

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. 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.

On Wednesday 3rd February, we will be holding a 'screen-free' wellbeing Wednesday afternoon for all of our children to enable families and children time to participate in a variety of activities away from laptops/tablets.

The following link has a range of ideas which will help you start conversations with your child/children, keep them entertained and inspired, and encourage you to enjoy quality time together as a family, all of which are important for your wellbeing. <https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>

We hope you can join in with some of the activities from the link above, or use our grid below to select next week's activities from. We hope you are all safe and well at this challenging time. Please do not hesitate to contact us if you need us.

Many thanks.

Mr S Belcher

Movement Challenge:

We are asking you to be active for 30 minutes a day, which may include running, walking and cycling, but this does not have to be strenuous.

- ♥ HIIT, Pilates, and Yoga – whatever exercise floats your fancy that day.
- ♥ Baking – get your sweat on in the kitchen by cooking up a storm.
- ♥ Gardening – this can be a great workout too!
- ♥ Join Joe Wicks for an energetic start to your day.

Children's Mental Health Awareness Week

www.childrensmentalhealthweek.org.uk

Express Yourself!

Art Challenge:

Express Yourself

Use our Wednesday screen free time to create a wonderful picture of you! Include your talents in your creation and celebrate all that is wonderful and unique about you. You can tweet and send us pictures of your completed work. Remember to pick the colours that express you best. Are you a blue sky thinker, or a bright, sunny, yellow that shines? Be as creative as you like and remember this is all about expressing yourself.

Talk:

It's good to talk to others, it helps us to think things through and get it all off your chest! Here are some ideas to get you talking:

- ♥ Talk to someone you haven't seen for a long time (ask permission first)
- ♥ Look at old photographs ,talk about: Who, what, where, when ...
- ♥ Talk about your feelings.



Random Act of Kindness

- ♥ Pay someone a compliment.
- ♥ Help tidy up (without being asked)
- ♥ Tell someone that you love them.
- ♥ Play a game with a little brother or sister.
- ♥ Save some pennies for a good cause.
- ♥ Draw a lovely picture for someone else.
- ♥ Ask someone how they feel.
- ♥ Share. Say please and thank you.
- ♥ Teach someone something new.
- ♥ Try something new.
- ♥ Give someone a hug.
- ♥ Feed the birds.
- ♥ Clean your room.
- ♥ Plant something.



Write/ Journal

- ♥ Chalk a lovely message for others.
- ♥ Write a list of things that make you happy.
- ♥ Write your worries down – fold them into a paper aeroplane and throw them high!
- ♥ Start a journal. Write down your feelings and thoughts and 3 things that make you happy every day.
- ♥ Write a letter to someone you love. tell them how you feel and what you miss about them.



Me/Meditation

Everyone needs time to themselves. Choose something that **YOU** like to do and go and do it!

- ♥ Have a dance party
- ♥ Sing songs
- ♥ Read a book or play a game.
- ♥ Go for a walk and look at nature.
- ♥ Get dressed up in your best clothes
- ♥ Breathe
- ♥ 5 minute meditation/ yoga



<https://www.youtube.com/user/CosmicKidsYoga>

DOING GOOD DOES YOU GOOD

Acts of kindness help make the world a happier place - it's contagious!



Links:

There are lots and lots of lovely ideas here:

- ♥ <https://www.childline.org.uk/toolbox/calm-zone/>

If you need help with any issues look here:

- ♥ <https://youngminds.org.uk/>
- ♥ <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>
- ♥ <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/camhs-information-for-children-and-young-people/>