

## PSHE Activities

- Complete a yoga or meditation session online and discuss how these practices can help to promote positive mental health.

Some suggestions:

<https://www.youtube.com/watch?v=Td6zFtZPkJ4>

<https://www.youtube.com/watch?v=W21KjnF3YME>

<https://www.youtube.com/watch?v=CvF9AEe-ozc>

- Watch this clip: [Mental Health](#) (stop at 3.31 seconds). Think about the worries and concerns that the character Jay is experiencing. Sometimes our feelings get too big for us to manage on our own. Complete the **Circle of Support Sheet**. Who helps you manage difficult feelings?

Now watch the rest of the clip on the topic of listening. Write down your top tips for being a good listener using the sheet provided. Remember to use this next time someone wants to talk to you too. As an extension, you could complete the Stressful Feelings Bucket activity and consider different things you do to manage these types of feelings.

- Complete a journal on a daily or weekly basis to reflect on your current feelings and emotions. Consider both positive and negative feelings you may be experiencing. Often it is good to write these down.
- Getting involved in cooking a healthy meal and discussing the importance of balanced food choices.
- Think of one thing you are grateful for each day and add it to your gratitude list. This will ensure you are making positive thinking and thankfulness a daily habit.
- Make a list of 7 kind things you can do for someone else. This could be people you live with (e.g do the dishes, tidy your room, help around the home) or people you can't see every day (send someone a compliment via

text, draw a picture or send a photo to an extended family member). Each day do one of the seven things from your list.

- Make a playlist of your favourite feel-good music. Keep adding to the playlist everyday as you think of more music that makes you feel happy. You may want to have a dance to this and see how it makes you feel!
- Draw a Strengths Family Tree or a Strengths Friendship Tree. Think about how everyone's individual strengths can help you overcome challenges together.
- Complete the 'Amazing Me' and 'Just The Way You Are' activities and consider what you like doing, what you are good at and things you are proud of. Reflect on your dreams and goals for the future and what you have achieved so far!
- Play the Happiness Game with your family. Choose a card, read and answer. The next person repeats the process and hopefully this will make you all smile!

