

## February 1<sup>st</sup>- 7<sup>th</sup> 2021 Lockdown Resources Early Years (Children's Mental Health Week)

Children are born ready and eager to learn. Physical development is one of the key areas of the early year's foundation stage and is used to develop a child's movement, handling of objects, understanding of their own body and health and levels of self-care.

The recommended amount of physical activity for children under 5 is 180 minutes a day and should include opportunities for children to participate in active play, learn movements skills so they can master ways of controlling their bodies and coordinating their movements

### Children's Mental Health Week 1<sup>st</sup> – 7<sup>th</sup> February 2021 #childrensmentalhealthweek

Children's mental health week is from the 1st-7th February and we are encouraging you to utilise the following resources and activities to achieve a positive physical and mental wellbeing:

- [Yogi Group - Little Book of Hope](#)
- [Sesame Street Monster Meditation- Mindfulness exercises](#)
- [Lancaster & Heysham SGO's Family Adventure activity](#) (Example- please click to view. go out and explore as family)
- Be active and learn some new skills by having a go at the fundamental movement skills activities below.
- You could also help your child or pupil undertake the 5 ways to wellbeing diary on page 2

### Lancashire's 5 fundamental movement skills for Under 5's!

Fundamental movement skills are the building blocks for movement that help prepare children for a participation in a wide range of school physical activities, PE and sport. Children should be given regular opportunity to play and practice these skills:

Skill & Learn Resource	Video Demonstration
<a href="#">Jumping</a>	<a href="#">Jumping Video</a>
<a href="#">Throwing</a>	<a href="#">Throwing Video</a>
<a href="#">Hopping</a>	<a href="#">Hopping Video</a>
<a href="#">Running</a>	<a href="#">Running Video</a>
<a href="#">Catching</a>	<a href="#">Catching Video</a>



# 5 Ways to Wellbeing Weekly diary

The **Five Ways to Wellbeing** (Connect, Be Active, Take Notice, Keep Learning, Give) are simple and proven actions that help people find balance, build resilience and boost mental health and **wellbeing**.

Using the resources above, home learning provided by your school and with support from your parents, guardians, carers and teachers please list in the table below how you have:

**Connected** - How have you connected with a friend, family or teacher this week?

**Been Active** - What Activities have you undertaken this week to be active?

**Taken Notice** - How have you enjoyed the moment or the environment this week? Have you noticed how someone is feeling and helped?

**Kept Learning** - Learn a new skill, why not try some of the activities above and learn some new activities or movements to try out?

**Given** - How have you helped someone else this week?

	Connected	Been Active	Take Notice	Kept Learning	Given
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					