



HIVE Sixth Form Children's Mental Health Week 1-7th February 2021



Your **HIVE Sixth Form Well Being ambassadors** would like to share some resources to support you during Children's Mental Health Week.

Why not share some of your creative poems, pictures, art etc to the "assignment" in Stronger Minds Teams Area. *Look out for details of Sixth Form sponsored walk "Resilience Roadtrip" try to raise at least £10 by the end of Feb to raise money to resource our Well Being area in the HIVE.*

Click on the links in **GREEN**

Don't forget that there is lots of help available for you if you need support:



safe@clcc.college



Activities to try throughout the week

| | Activity 1 | Activity 2 |
|-----------------------|---|--|
| Mindful Monday | Mindful Colouring | How to be a Friend to Yourself - YouTube |
| Take a moment Tuesday | Screen free challenges Hobby that they enjoy- baking, art, football (get creative!)- think back to activities you enjoyed when you were a child | Mindful meditation- Headspace Meditation Getting Started - YouTube take 5/10 minutes of your day to reflect |
| Walking Wednesday | HIVE Charity Ambassadors are introducing the HIVE Resilience Roadtrip. Click HERE for details. Begin the roadtrip sponsored walk today! Why not challenge yourself and run? | |
| Thank you Thursday | Why not send a letter to someone to say thanks? An email to a teacher who has helped you? Or a friend who has been there for you? Find someone to say "thank you" to. | Create a moodboard- include your future goals and manifestations, things in your life that you're grateful for. |
| Funny Friday | Share a "funny" in Stronger Minds Team area – This "assignment" will open on Monday AM and close on Thursday AM and the best "funnies" will be shared in HIVE Lockdown Student Newsletter- include funny jokes, memories- something to lighten up our day! (Keep it PG please!) | |