

5<sup>th</sup> February 2021

Dear Parents/Carers,

**Northamptonshire Mental Health Awareness Day**

Friday 12<sup>th</sup> of February is Northamptonshire's Mental Health Awareness Day. To mark this event, we would like our school community to be able to take part in some activities to promote well-being and mental health. We understand the current challenges that are taking place at the moment and we think this would be a great opportunity for families to spend some relaxed and enjoyable time together, away from screens and the normal remote learning.

With this in mind, please see below a range of activities that you can do on **Thursday 11<sup>th</sup> and Friday 12<sup>th</sup> February** to promote yours and your family's mental health and well-being. We are strongly encouraging that at least one of these days will be as 'screen free' as possible as we understand that with remote learning taking place, children are spending more time in front of screens than ever before.

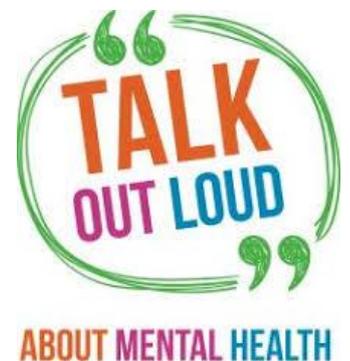
**Our teachers will only be providing Maths on these two days** and the remainder of the time should be spent completing activities from the grid.

We really hope that you are able to take part in these activities along with those children in school and that you enjoy some slightly different and more relaxed days on the lead up to half term. Please do share and photos of activities that you do on these days at @NewtonRoadScho1 or send examples to your class teachers.

Yours Sincerely

Lucy Coleman  
Assistant Principal

Kerrie Miller  
PSHE Lead



**Foundation/Year 1/Year 2**

<p><b>Plant a seed!</b> Plants can save the earth! Can you plant a tree that will last for years?</p>	<p><b>Clean up your patch of earth.</b> Go out for a walk in your area, collect litter that has been dropped and put in the bin. Don't forget a pair of gloves and a rubbish bag.</p>	<p><b>Quiz time!</b> Can you think of 5 questions about the earth today? Try them out on someone! How many can they answer correctly?</p>	<p><b>Wild art!</b> Collect things from the garden and make a piece of art. A picture or sculpture from twigs or leaves, or something else</p>
<p><b>Be thankful.</b> Talk to your family about what you have to be thankful for.</p>	<p><b>Going for goals.</b> Think of some things that you would like to achieve. Can you think about what job you might want to do when you grow up?</p>	<p><b>Thank a community hero.</b> Think of someone that helps you in some way. Can you draw them a picture to say thank you?</p>	<p><b>Build a reading den.</b> Find somewhere cosy, snuggle up and read your favourite book!</p>
<p><b>Design and make an obstacle course at home or in the garden.</b> How fast can you complete it?</p>	<p><b>Keep moving!</b> Make up a dance routine to your favourite song.</p>	<p><b>Draw a view.</b> Look out of your window and draw what you see.</p>	<p><b>Write a recipe for happiness.</b> What are the essential ingredients you need to include?</p>
<p><b>Draw a picture</b> Can you draw a picture of something that makes you happy? Or a time that you were happy?</p>	<p><b>Create a family kindness jar.</b> Every time someone does something kind, write it down and put it in the jar. When the jar is full you all deserve a special treat!</p>	<p><b>Healthy body.</b> Exercise is just as important as eating well. Can you create your own daily workout routine and try it out?</p>	<p><b>Put on a show!</b> Can you put on a cookery show? Explain what you are doing at each step so it's simple for others to follow.</p>
<p><b>Create your own animal.</b> Could you combine two of your favourite animals? What will you call it?</p>	<p><b>Can you make up your own jokes?</b> Tell them to someone to make them laugh!</p>	<p><b>Use your body to make the shape of a letter.</b> How many more can you make? Can you make every letter in the alphabet?</p>	<p><b>Make a pledge</b> Make a pledge to do something kind for someone. It could be to help around the house or play with a younger sibling.</p>

**Years 3, 4, 5, and 6**

<p><b>Plant a seed!</b> Plants can save the earth! Can you plant a tree that will last for years?</p>	<p><b>Clean up your patch of earth.</b> Go out for a walk in your area, collect litter that has been dropped and put in the bin. Don't forget a pair of gloves and a rubbish bag.</p>	<p><b>Quiz time!</b> Can you think of 10 questions about the earth today? Try them out on someone! How many can they answer correctly?</p>	<p><b>Wild art!</b> Collect things from the garden and make a piece of art. A picture or sculpture from twigs or leaves, or something else</p>
<p><b>Be thankful.</b> Write to your family about what you have to be thankful for.</p>	<p><b>Going for goals.</b> Think of some things that you would like to achieve. Can you think about what job you might want to do when you grow up?</p>	<p><b>Thank a community hero.</b> Think of someone that helps you in some way. Can you write them a letter to say thank you?</p>	<p><b>Build a reading den.</b> Find somewhere cosy, snuggle up and read your favourite book!</p>
<p><b>Design and make an obstacle course at home or in the garden.</b> How fast can you complete it? Make a note of your scores and see if you can better them.</p>	<p><b>Keep moving!</b> Make up a dance routine to your favourite song.</p>	<p><b>Draw a view.</b> Look out of your window and draw what you see.</p>	<p><b>Write a recipe for happiness.</b> What are the essential ingredients you need to include? Can you write the recipe?</p>
<p><b>Write a poem</b> Can you write a poem about something that makes you happy?</p>	<p><b>Create a family kindness jar.</b> Every time someone does something kind, write it down and put it in the jar. When the jar is full you all deserve a special treat!</p>	<p><b>Healthy body.</b> Exercise is just as important as eating well. Can you create your own daily workout routine and try it out?</p>	<p><b>Put on a show!</b> Can you put on a cookery show? Explain what you are doing at each step so it's simple for others to follow.</p>
<p><b>Create your own animal.</b> Could you combine two of your favourites? What will you call it?</p>	<p><b>Can you make up your own jokes?</b> Tell them to someone to make them laugh!</p>	<p><b>Use your body to make the shape of a letter.</b> How many more can you make? Can you make every letter in the alphabet?</p>	<p><b>Make a pledge</b> Make a pledge to do something kind for someone. It could be to help around the house or play with a younger sibling. Write it down and look back in a week to see if you have kept your pledge</p>