



# MENTAL HEALTH AND WELLBEING CALENDAR

SUMMER 2021

A hand-drawn style frame with a green highlight and a question. The frame is a dark blue, rounded rectangle with a wavy line at the top and a small circle at the bottom left. A green highlight is on the top left corner. The text is in a green, sans-serif font.

Do you find it difficult to incorporate mental health and wellbeing into the summer holidays?

To help, we have created a simple calendar for the summer holidays of 2021 to help you plan ahead



Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It can help your body and mind to relax, drift away, or be more energised

# WEEK 1: TIME TO TALK

## Themes:

- X Talking about mental health -what is mental health?
- X Feelings and emotions – understanding and communicating how we feel

## Activities:

- X Activities for exploring Feelings
- X Talking Mental Health
- X Place2Be Children's Mental
- X Health Week resources
- X Lets talk about mental health



## WEEK 2: INTERNET SAFETY

### Themes:

- X IT skills – safety online, social media
- X Cyber bullying & online etiquette
- X How can the internet affect our self esteem

### Activities:

- X [Internet safety toolkit](#)
- X [Online Safety for Children - Tips & Guides | NSPCC](#)
- X [Digital child safety - About us - LEGO.com GB](#)

## WEEK 3: SELF-ESTEEM AND BODY IMAGE

### Themes:

- X Discrimination - impact on mental health and how to challenge it
- X Self-esteem, resilience & growth mind set
- X Social media and the emphasis on body image

### Activities:

- X [Body image \(youngminds.org.uk\)](http://youngminds.org.uk)
- X [Body image : Mentally Healthy Schools](#)
- X [Confident me](#)
- X [Self-esteem and Body Image | Health Powered Kids](#)
- X [Nobody's perfect](#)

## WEEK 4: BETTER SLEEP WEEK

### Themes:

- X Links between sleep and mental health
- X Good sleep hygiene
- X Different sleeping patterns in children and adolescents impacting on mood

### Activities:

- X [11 ways to get a good sleep](#)
- X [guidance for parents and carers](#)
- X [Benefits of sleep](#)
- X [Children and Sleep | Sleep Foundation](#)
- X [Sleep tips for teenagers - NHS \(www.nhs.uk\)](#)
- X [Sleep meditation](#)

# WEEK 5: EXERCISE AND WELLBEING WEEK

## Themes:

- X Links between exercise and mental health
- X Importance of breathing exercises and mindfulness

## Activities:

- X Brainbreaks
- X NHS Exercises
- X Get moving
- X PE With Joe Wickes
- X Breathing exercises for children



## WEEK 6: TRANSITION WEEK AND RETURN TO SCHOOL

### Themes:

- X Resilience & coping with change
- X Stress, anxiety, dealing with worry
- X Maintaining Friendships

### Activities:

- X Transition Passport
- X Resilience ladder
- X Activities for exploring Feelings
- X Anxiety Thermometer
- X Positive relationships
- X Returning to school

SCHOOL'S  
OUT!  
FOR SUMMER



Have Fun



&

Be Safe

