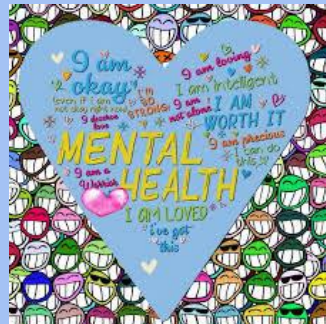




# Children's Mental Health Week

February 9th-13th 2026



# Monday

Form time - 'It's okay to make mistakes'

Break & Lunchtime - worry stones / pet clay modelling



# Tuesday

Form time - 'I can do this'

Break & Lunchtime- decorating clay models / mindful art / drawing



# Wednesday

Form time - 'I am a good friend'

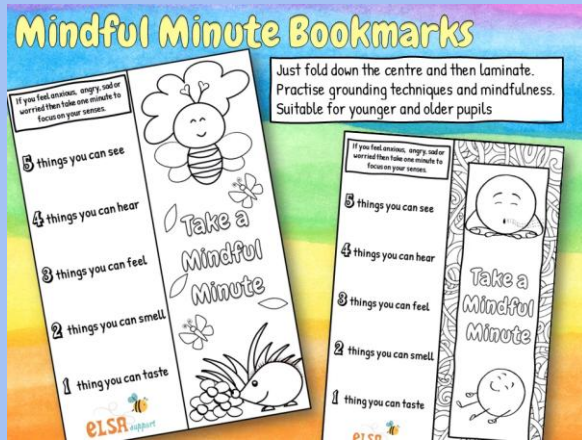
Break & Lunchtime - breathing activities - hot chocolates (allergy/dairy free)  
/ breathing bracelets / breathing sticks.



# Thursday

Form time - 'I believe in myself'

Break & Lunchtime - grounding method - grounding 5,4,3,2,1 bookmarks and coping skills fortune teller.



# Friday

**Form time - Compliment tokens - Give a token compliment to someone to boost their wellbeing.**

**Break & Lunchtime - Yoga session in the hall**

