

Daily Activity

Children's Mental and Emotional Well-being



This week between 1 -7 February is Children's Mental Health Week. The focus is 'express yourself' and we will be sharing activities to promote talking, singing, creativity, dance, art and imaginary play. We will also be focusing on children's emotions this week, and will consider self-regulation, resilience, sources of support and also positivity.



More information on Children's Mental Health Week can be found on this website: <https://www.childrensmentalhealthweek.org.uk/>

Dream Catcher – 01.20.21

These were initially made to capture 'bad' dreams but it would be good to focus on positivity and capture 'good' dreams and allow children to focus positive thoughts by creating a new and exciting resource. These can be hung inside or outside, depending on the materials you use. Before you start making your dreamcatcher with your child, take time to talk about good dreams and how it makes them feel.

You may ask your child:

- *What are good feelings?*
- *How does it make you feel when you think about nice things?*
- *Can you tell me about good some good dreams?*



Materials you need:

- Paper plates or a cardboard sheet to create a shape
- Wool or thick yarn
- Feathers, beads, decorative pieces to hang or thread.
- Pencils, crayons or felts
- Sticks, leaves, small cones etc



If you do have a go, we would love to see your pictures so if you would like to share your child's learning, please feel free to send us a photograph to parents1041@welearn365.com