



FOUNDATION

Children's Mental Health Week 2002

Monday 7th - 13th Feb

MONDAY

RESPECT

TAKE NOTE

Listen to someone in school, whole-heartedly, without interrupting them.

Find out what they have done at the weekend? Learn something new about a friend?



TUESDAY

BODY LANGUAGE

SMILE HUNT

Go on a smile collecting mission, starting with a smile in the mirror.

How many people can you help smile today?



WEDNESDAY

ENCOURAGEMENT

RANDOM ACTS OF KINDNESS

Can you do it as many times as possible until someone notices?

Maybe you might hold the door open or help somebody carry their things.



THURSDAY

DETERMINATION

STRENGTH OF MIND

Write down something that you found hard today and how you overcame that problem.

Did you struggle in maths? Maybe you had a problem at home?



FRIDAY

COMMUNICATION

EXCHANGE A FEW WORDS

Talk/play with someone new at play time today.

Take a look around. Who don't you normally play with?

