



Mental Health Activities

Su **M** T W
Th F S Monday

Su M **T** W
Th F S Tuesday

Su M T **W** Wednesda
Th F S y

Su M T W
Th F S Thursday

Su M T W
Th **F** S Friday

home activity

fold towels

hoover or sweep a room

dust

wash dishes

tidy a room

learning activity

learn to say 'hello' in one other language

learn a life skill

learn to play a card game

learn the words to a song

learn a dance

others' activity

make a picture for someone else

write to someone else

do something to make someone else smile

do something to help in the house

tell someone you were thinking of them

fun activity

make funny face in the mirror

have a jammy day

change the words to a song

make a den

make up your own game

time for me

take time to focus on breathing

rest your hand over your heart and close your eyes

listen to the birds outside

write a list of what is good in your life

have a bubble bath

