



**SUTTON ROAD PRIMARY  
SCHOOL AND NURSERY**

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## Newsletter

### Mental Health Awareness



The theme of this year's Children's Mental Health Week is Express Yourself.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

As parents and carers, you play an important role in your child's mental health.

## Coping Skills For Kids





# VIRTUAL PLAY DATE IDEAS

READ  
ALoud



TELL  
JOKES

DOLLS &  
DINOS



BINGO

SHOW-AND-TELL



MAGIC  
SHOW



CHARADES



Have a  
sing-a-long

READ LIPS



ASK  
QUESTIONS

DRAW PORTRAITS



Play Musical  
Instruments



www.MommysBundle.com

## Go on a SAFARI

Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.



Notice the bugs or the birds. Take a moment to kneel down and touch the earth.

Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



## EMOTIONS Charades



Hitting a baseball through a neighbor's window

Fighting over a toy with your brother

Saying goodbye to someone you will miss

Going on a rollercoaster

Hitting a homerun

Flying on an airplane

Breaking your favorite toy

Learning to drive

Missing the winning soccer goal

Riding a bike for the first time

Falling off your bike

Holding a baby

Taking out the stinky garbage

Getting dropped off for the first day of school

Not getting invited to a friend's party

Performing in a talent show

## Self-Care for Families

### emotional

- \_\_\_ watch a good movie
- \_\_\_ write each other positive notes
- \_\_\_ verbalize and talk about feelings
- \_\_\_ draw self portraits
- \_\_\_ Say "I love you"
- \_\_\_ spend time writing
- \_\_\_ have a sing-a-long
- \_\_\_ tell jokes
- \_\_\_ try a new craft

### physical

- \_\_\_ dance party
- \_\_\_ go for a walk
- \_\_\_ family bike ride
- \_\_\_ take a hike
- \_\_\_ play kickball
- \_\_\_ tag
- \_\_\_ roller skating
- \_\_\_ go to the pool
- \_\_\_ jumprope
- \_\_\_ kids yoga
- \_\_\_ wii fit games

### spiritual

- \_\_\_ a gratitude list
- \_\_\_ go outside
- \_\_\_ talk about forgiveness
- \_\_\_ write thank you's
- \_\_\_ volunteer
- \_\_\_ spend time outside or with nature
- \_\_\_ practice positive self-talk
- \_\_\_ plant a tree

### mental

- \_\_\_ read together
- \_\_\_ draw or write stories
- \_\_\_ kids meditation
- \_\_\_ find shapes in clouds
- \_\_\_ practice belly breaths
- \_\_\_ go on a walk to find new things
- \_\_\_ make vision boards
- \_\_\_ try Headspace for kids
- \_\_\_ create mandalas
- \_\_\_ make mindfulness jars
- \_\_\_ play mind strength games like memory

### practical

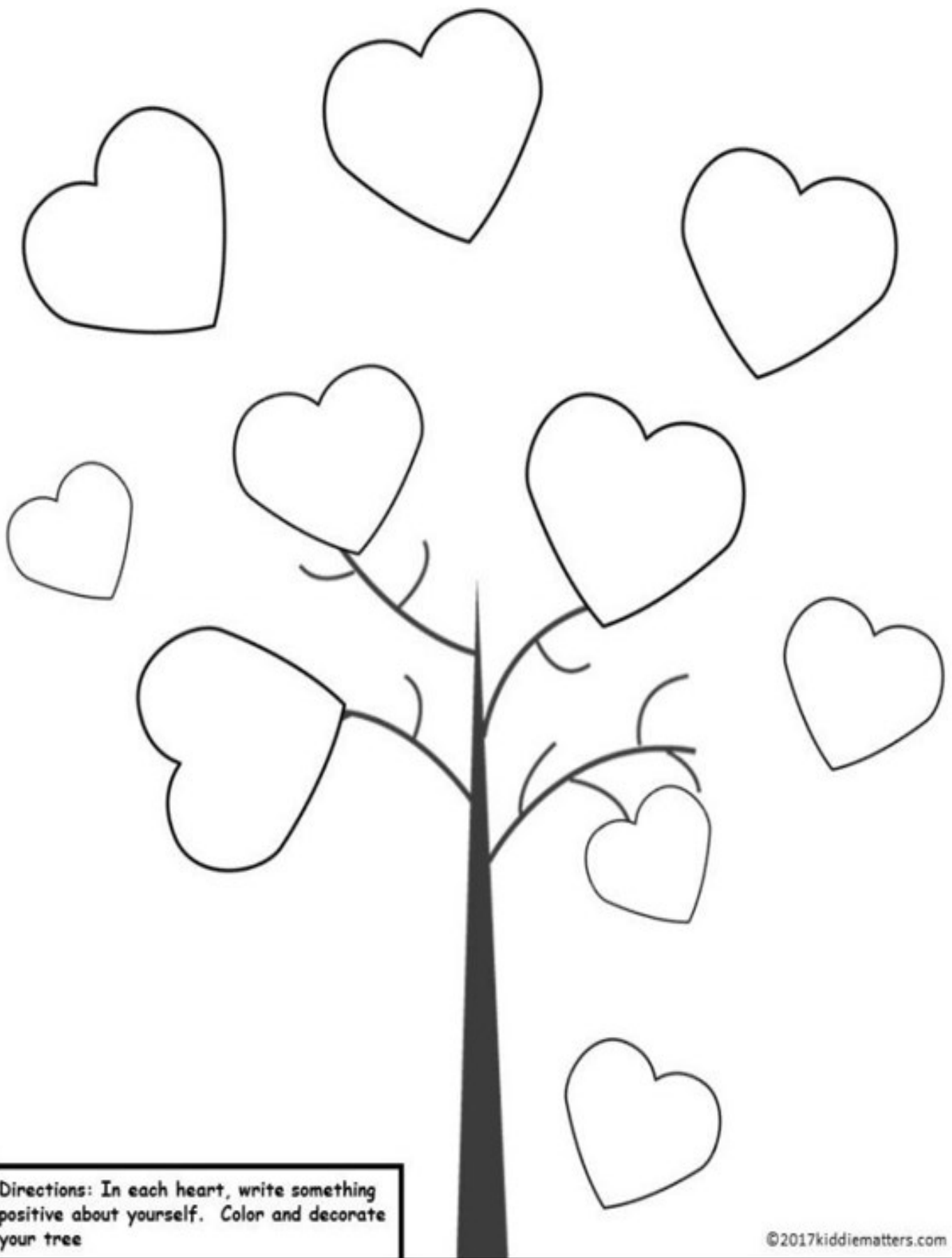
- \_\_\_ clean up
- \_\_\_ declutter old toys
- \_\_\_ assign chores
- \_\_\_ make a grocery list together
- \_\_\_ learn about money
- \_\_\_ make a weekly budget check-in
- \_\_\_ make a weekly cleaning check-in
- \_\_\_ homework/study
- \_\_\_ have a morning & night routine

### social

- \_\_\_ play in the park
- \_\_\_ call or visit relatives
- \_\_\_ have family dinner
- \_\_\_ play boardgames
- \_\_\_ host a sleepover
- \_\_\_ invite friends over
- \_\_\_ plan a bbq
- \_\_\_ join a team
- \_\_\_ do a neighborhood food drive
- \_\_\_ have talks about friendship and how to be a friend.

*just stay curious*

# I Love ME Because...



Directions: In each heart, write something positive about yourself. Color and decorate your tree

### Diary Dates

Monday 15th February 2021	-	First day of February Half Term
Monday 22nd February 2021	-	First Day back at school
Tuesday 23rd February 2021	-	Individual photo day
Monday 24th May 2021	-	Class photo day

## My Gratitude Jar

Simply write down something you're grateful for, and stick that inside this jar. Do one a day. These can be on post-it notes, or simply stuck on with glue. See how many you can fit inside this jar. Once it's full, simply print off a new one and start again. We can never be too grateful.

