



**Give**

Recently, we held a cake sale to raise money for a children’s mental health charity. Could you help out a local charity in some way? You could donate something you no longer need to a charity shop, help on a charity event or even hold your own event to raise money for a charity of your choice. Helping others makes you feel good too!

**Connect**

Did you enjoy your Easter break? Perhaps you were gifted an Easter egg or two, or maybe you went on a special day out with your family or friends? Spending time with others helps our mental health and so does expressing your appreciation of doing so, and receiving gifts.

**Take Notice**

Take notice of your emotions and how you feel. Acknowledge them all. It is okay to feel happy, angry, sad, excited or upset at times. Remember that feelings can change, so reach out and talk to someone, and get help, if you are experiencing negative feelings.

**Keep Learning**

Climate change is in the news a lot. What do you know about ways to help create a better planet for the future? Research this topic and see what small things you can do. If everyone makes small changes, big things can happen.

**Be Active**

On the 26<sup>th</sup> April we celebrate ‘On Your Feet Britain’ where people are encouraged to sit less and move more. If you are working or playing on a computer, could you take a break and go for a short walk instead? What other ideas could you come up with as a family to be more active?