

IDEAS FOR MENTAL HEALTH AWARENESS WEEK 10TH - 16TH MAY 2021

This year's theme is nature.

GO FOR A WALK OUTSIDE. USE YOUR SENSES TO OBSERVE ANY NATURE.

What can you see?



What can you hear?



What can you smell?

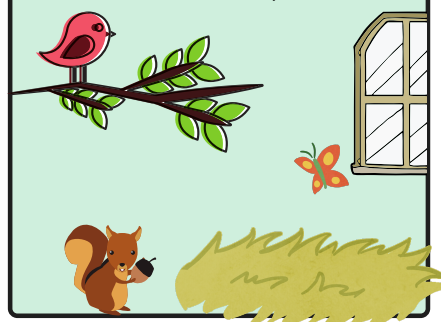


What can you feel or touch? (make sure you only touch things that you know are safe)

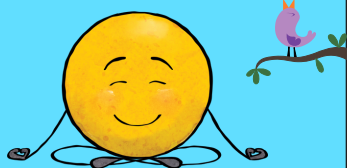
CAREFULLY DRAW A
LEAF OR FLOWER.



CAREFULLY WATCH PLANTS, BIRDS OR
OTHER ANIMALS FROM A WINDOW OR
OUTDOORS. DRAW THEM IF YOU WISH.



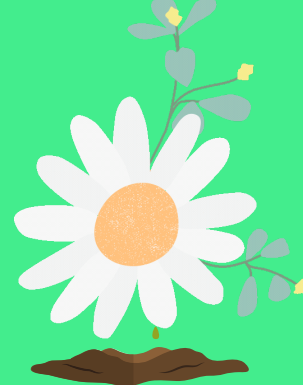
SIT BY A WINDOW OR OUTSIDE, AND
PRACTISE A "SOUND JUMPING"
ACTIVITY FOR 1 OR 2 MINUTES.
CLOSE YOUR EYES AND FOCUS ON
ANY SOUNDS YOU CAN HEAR.



PLAY "I SPY..." OUTSIDE.



PLANT A SEED AND TAKE CARE OF IT.



VISIT A LOCAL PARK TO PLAY,
WALK OR RUN AROUND.



NOTICE THE WEATHER DAILY
AND WHAT YOU OBSERVE IN
THE SKY EACH DAY.



WATCH CLOUDS IN THE SKY AND
NOTICE ANY SHAPES OR IMAGES
YOU CAN SEE IN THEM.



WRITE A POEM ABOUT NATURE
OR WRITE IN YOUR JOURNAL
WHILE SITTING OUTDOORS.



NOTICE WHAT YOU CAN OBSERVE
IN THE SKY EACH NIGHT.



DO SOME READING OUTDOORS.

