



ROEBUCK ACADEMY

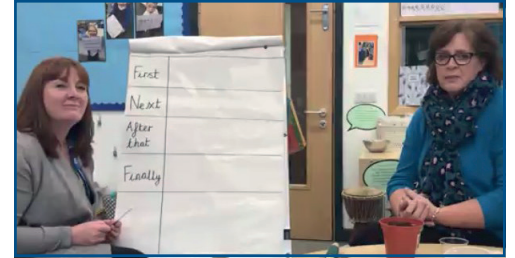
# MENTAL HEALTH & WELL-BEING SUPPORT

Monday 1st February



Mental Health and Well-being support with Mrs Prosser & Mrs Solomon - Issue 2, February 2021.

Help, Support and Advice to support our Mental Health and Well-being! We are ALWAYS HERE TO HELP!



A message from our Mental Health Gurus! At Roebuck Academy, we are dedicated to supporting all of our children and their families during these unprecedented times. We hope that this resource finds you and your mental-health in good shape. At this extraordinary time, things are very hard and many of us are finding it difficult to express how we feel! Today marks the beginning of Children's Mental Health Week. This is where schools, youth groups, organisations and individuals across the UK participate in a range of different activities to support children's mental health. This year's theme is, 'Express Yourself'

Expressing Yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. On **Wednesday 3rd February** we are asking you to put your devices down and take time to Express Yourself by connecting with others, being active, taking notice, learning something new, and by giving to others.

It's important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, and that can help you feel good about yourself.

Mrs Prosser and Mrs Solomon

## Fantastic Resource

This week we will be using a range of activities from the Children's Mental Health Week website. This includes a virtual assembly from the Duchess of Cambridge as well as a whole range of other resources for children to use.

We also love this YouTube video which can be used to help Express Yourself!

[Click here.](#)



## In this edition, we will be focussing on how to express yourself through... Exercise!

We all know that regular exercise plays a huge role in supporting mental health and well-being. It can improve things like anxiety and stress and can even lead to an increase in confidence, self-esteem and positive well-being. So come on, get up, get moving and support your mental health!

### HAVE A GO AT THESE ACTIVITIES...

- Why not try a PE workout with Joe Wicks, the Bodycoach. [Click here;](#)
- Oak Academy - find a range of PE units including; multi-skills, dance, athletics and gymnastics etc. [Click here;](#)
- Head over to Roebuck's RSA Facebook page to find our very own Chris Bull and FitKidz, Stevenage.
- As an alternative, why not try, 'Training at Home' with Spurs. [Click here;](#)
- Or you can always try some of the APP's featured below:

