



FOUNDATION

Children's Mental Health Week 2002

Monday 7th - 13th Feb

MONDAY

RESPECT

TAKE NOTE

Listen to someone
in school,
whole-heartedly,
without interrupting
them.

*Find out what they have
done at the weekend?
Learn something new
about a friend?*



TUESDAY

BODY
LANGUAGE

SMILE HUNT

Go on a smile
collecting mission,
starting with a smile
in the mirror.

*How many people can
you help smile today?*



WEDNESDAY

ENCOURAGEMENT

RANDOM ACTS OF KINDNESS

Can you do it as
many times as
possible until
someone notices?

*Maybe you might hold
the door open or help
somebody carry their
things.*



THURSDAY

DETERMINATION

STRENGTH OF MIND

Write down
something that you
found hard today
and how you
overcame that
problem.

*Did you struggle in
maths? Maybe you had
a problem at home?*



FRIDAY

COMMUNICATION

EXCHANGE A FEW WORDS

Talk/play with
someone new at
play time today.

*Take a look around.
Who don't you normally
play with?*

