



Spar Lancashire School Games

May 10th - 16th 2021 Mental Health Awareness Week

Below is a list of resources to support pupils mental and physical wellbeing, to recognise mental health awareness week 2021.

Schools are encouraged to use the resources to be active, write a happiness pledge, as well as take part in our Games Maker challenge for the SPAR Lancashire School Games 2021 Summer festival.

Get involved below [#lancsgames21](#)

SPAR Lancashire School Games Primary School Resources

- [Yogi Group Primary School Yoga](#)
- [Primary School Yoga with Mandala Centre](#)
- [Happiness Pledge Year 1 & 2 KS1](#) [Happiness Pledge KS2 \(Year 3-6\)](#)
- [SPAR Lancashire School Games, Design a activity class presentation \(PowerPoint\)](#)
- [SPAR Lancashire School Games, Design a Game Activity \(PDF\)](#)

Other activities and resources for children to try and schools to access

- [Get Set 4 PE - A resource area with lots of games, challenges & exercises for all](#)
- [Disney Dance Along](#)
- [Active in Mind YST Resources \(KS2\)](#)
- [Change4life \(indoor activities for kids\)](#)
- [Go Noodle - A website that will help parents to get their child moving](#)
- [Stormbreak Pathway Challenge - Great activities to break up lessons](#)
- [Youth Sport Trust Recovery Hub](#)
- [Train Like a superhero](#)

[#mentalhealthawarenessweek2021](#)



5 Ways to Wellbeing Weekly diary

The **Five Ways to Wellbeing** (Connect, Be Active, Take Notice, Keep Learning, Give) are simple and proven actions that help people find balance, build resilience and boost mental health and **wellbeing**.

Using the resources above, home learning provided by your school and with support from your parents, guardians, carers and teachers please list in the table below how you have:

Connected - How have you connected with a friend, family or teacher this week?

Been Active - What Activities have you undertaken this week to be active?

Taken Notice - How have you enjoyed the moment or the environment this week? Have you noticed how someone is feeling and helped?

Kept Learning - Learn a new skill, why not try some of the activities above and learn some new activities or movements to try out?

Given - How have you helped someone else this week?

	Connected	Been Active	Take Notice	Kept Learning	Given
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

[#mentalhealthawarenessweek2021](https://www.instagram.com/mentalhealthawarenessweek2021)