



games

a competition!



EXPRESS

YOURSELF

activities

recipes



a story & poems



LETS GO.....

This half-term, join us in celebrating Children's Mental Health Week with a free e-book packed with resources and engaging activities to help get kids thinking about their wellbeing. From puzzles to crafts and mindfulness tips - this is the perfect way for you and your little ones to have fun over the holiday!

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LET'S START WITH A GOOD STRETCH...

Peppa Pig

Stretching Guide



1. Stand on one leg



2. Reach down



3. Arms up



4. Sit with feet together



5. Arms back



6. Stand tall



7. Arms apart



8. One arm up, one arm down



9. Foot over knee

Hold each stretch for 15 seconds...

Don't forget to breathe...

Did you know...

Concentrated breathing can help us focus, and improve our mental and physical well-being.

EXPRESS

YOURSELF



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#ChildrensMentalHealthWeek

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

6-12
FEBRUARY
2023

DRESS TO EXPRESS

THIS CHILDREN'S
MENTAL HEALTH WEEK



A little poem for you...

**I am an unfinished
painting which is ever
changing.**



**I am a
masterpiece in
the making!**

It's the little things they say...

Developing a Growth Mindset



INSTEAD OF...	TRY THINKING...
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is it really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
My friend can do it	I will learn from them



Meditation: 3 simple steps

1. Sit comfortably
2. Close your eyes
3. Take deep breaths



Benny's Boat

The wood of the boat cracked and creaked as Benny sat in the cabin. He looked around wide eyed for any sign of damage or leaks, he was scared, this was his first time sailing the sea alone.

The storm of the century battered against the walls that separated Benny from the sea, all he could think about was what would happen if the walls of the boat were to buckle and he would be left in the ocean with no way to get home.

Benny clutched onto his pillow for comfort as another wave crashed and rocked the boat "I don't understand, this storm came out of nowhere" he exclaimed in fear.

Benny's boat was nothing mighty, in fact it was quite small and humble, but it was his boat, and he loved it very dearly. This very same boat had taken Benny and his father on all of their weekend adventures for the last ten years.

Benny's most prized possessions decorated the nooks and crannies. Everywhere you looked, there was more information to be revealed about who Benny was, each item a key to unlock a story.

On the wall there was a picture of a small boy and a sailor, below this there was a stack of books. Fishing books, books about how to tie knots, and even story books. In the cabinets were a stash of his favourite cookies, and other special treats.

The storm rattled outside as the boat flew from side to side and Benny's picture fell from the wall, he was startled and turned in shock, he saw the glass shatter against the wooden floor. His heart sank to the bottom of the ocean and eye's began to well with tears, he fought against the boat to get to the picture.



Benny fell to the floor and began to sob, he didn't understand why this was happening to him, with all of his things strewn across the floor he felt as though everything was falling apart, he felt as though this storm would never end.

Benny stayed on the floor until the storm settled and the boat swayed softly and steadily, rocking him back and forth. He looked around his beloved boat and saw the mess that the storm had left him in. Benny felt defeated, he looked down at the picture and saw the sailor looking back at him.

Benny wiped his eyes and stood up, and started to put everything back where it belonged, he put his picture back on the wall and collected the shards of glass from the photo frame and put them in a jar.

Benny needed a moment away from the chaos, so he went to get some air on the top of the boat, as he opened the door, he was stunned by the glow that surrounded him. Across the calm water he saw the most beautiful sunrise he had ever seen, the pinks, yellows and oranges mixed together and reflected off the water.

Benny felt so lucky to see such a sight, it looked as though he was floating through the sky, lifted into the clouds, far far away from the storm the night before. Benny sat completely mesmerised until the sky slowly turned blue, he walked back down the stairs, and stood, as he looked at the boat, it looked much the same as it had before the storm.

Apart from one new addition, the jar of glass. Benny looked at the jar and smiled. He saw this jar in a whole new light, this jar reminded Benny that no matter how bad the storm is, there is always a beautiful sunrise on the horizon.



Did you know...

Reading with your little one can help with their communication skills and makes for great quality time...

WORD SEARCH

rare

H	A	P	P	Y	N	E	N	S	C	R	E
F	P	L	U	F	E	C	A	E	P	T	L
D	S	E	G	B	O	L	D	N	T	F	B
C	P	O	R	L	O	R	A	R	E	E	A
O	E	F	O	E	E	E	M	E	I	E	K
L	C	O	W	B	L	O	O	M	C	L	R
O	I	U	T	O	Q	U	R	R	S	I	A
U	A	N	H	E	L	E	E	A	I	N	M
R	L	I	R	L	G	A	O	B	T	G	E
F	C	Q	E	H	T	A	E	R	B	S	R
U	O	U	E	E	W	I	O	E	P	S	S
L	K	E	O	Q	S	E	E	L	I	M	S
X	E	E	X	P	R	E	S	S	I	O	N
R	H	O	C	E	E	E	E	B	N	R	F

expression

smile

unique

peaceful

growth

breathe

feelings

special

happy

colourful

BOLD

bloom

create

remarkable



SMILEY WORLD[®]



at



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PIZZA RECIPE

DOUGH INGREDIENTS:

250g plain flour

1 tsp yeast (the fast-action dried variety is good)

1 pinch of salt

300ml of water

1 tbsp of olive oil

STEP 1 : DOUGH

- Mix the dry ingredients together, and then stir in the wet ingredients.
- This is the part children really enjoy – getting their hands covered in gloopy dough! (If it gets too sticky, just sprinkle in a bit more flour).
- Shape the dough into a ball, cover it with clingfilm, and let it rest for around 15 minutes.

ENJOY!

Always cook with a grown-up!



*Preheat your oven to 180°C

STEP 2 : SAUCE AND TOPPINGS

- Evenly spread your pizza base with your chosen sauce (tomato, BBQ sauce whatever you like!)
- Time to add toppings - mozzarella or grated cheddar or no cheese (do you!) Other favourites include mushrooms, ham, pepperoni, peppers, sweetcorn, and even pineapple.

STEP 3: COOK IT!

- **FINALLY** - place them on a generously floured baking tray and bake in a pre-heated oven for around 15- 20 minutes, or until the base is golden.

Colour in Peppa!

Peppa PigTM



**CELEBRATE
EVERYPONY**

CREATIVE



KIND



COURAGEOUS



CONFIDENT



HOPEFUL



**CONNECT EACH PONY
TO THEIR PERSONALITY**

YOU WILL NEED

- Colouring pens/pencils
- Scissors
- Glue Stick
- String
- Sticky Tape
- An adult to help you!

INSTRUCTIONS

- 1 Colour in the characters on each side of the dice
- 2 Carefully cut out your design
- 3 Fold along the lines then glue along the tabs
- 4 Bring sides together to form the dice



Cobra



Tree



Lying Down



Warrior



Downward Dog



Breathing



TAB

TAB

TAB

TAB

TAB

HOW TO PLAY

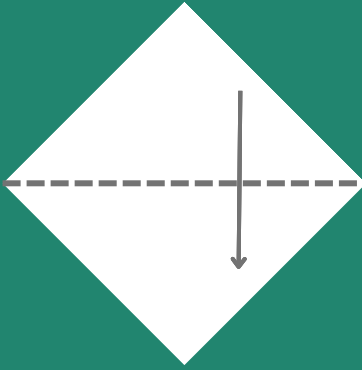
- 1 Throw the dice
- 2 Do the pose you land on
- 3 The player who gets all six poses first is the winner!



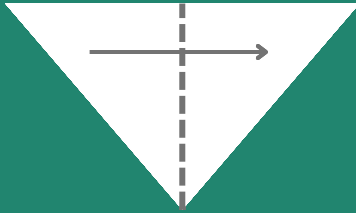
Dog Origami

Grab a plain piece of paper and let's get started!

1.

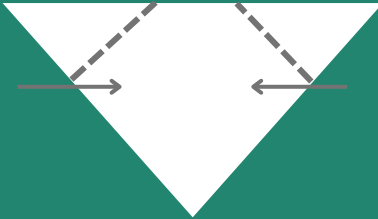


2.

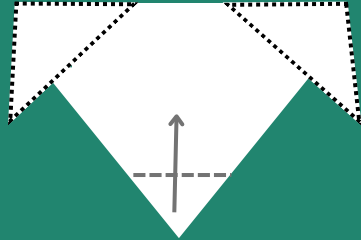


Fold along the dotted line

3.



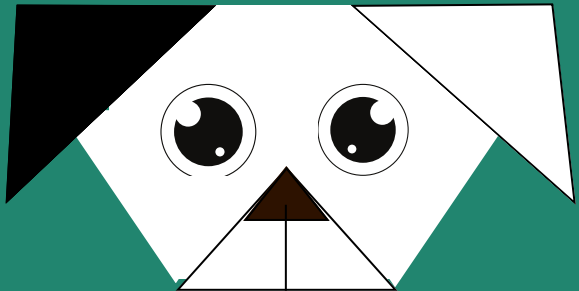
4.



5.

Customise your furry friend however you like!

This is **Ozzy!**



Don't forget to
name them!

Make this activity your perfect excuse
to spend quality time and connect
with your little one.

**CELEBRATE
EVERYPONY**



**CELEBRATE
EVERYPONY**



**ADD YOUR OWN
COLORS TO THIS PAGE!**

**MY
LITTLE
PONY**



“IT’S NEVER TOO LATE TO BE WHO YOU MIGHT HAVE BEEN”

GEORGE ELLIOT



[#ChildrensMentalHealthWeek](#)

SEND US YOUR BEST
MEDITATION POSE AND...

WIN A PEPPA PIG BUNDLE!



Snap a picture of
your best meditation
pose..



@characterdotcom



@characterdotcom

Tag us
and

#STRIKEAPOSE

Tick off a yoga pose every day

MONDAY

4 Meditate



11 Sit with feet together



18 Tree



25 Meditate



TUESDAY

5 Reach down



12 Downward dog



19 Meditate



26 One arm up, one arm down



WEDNESDAY

6 Lying down



13 Meditate



20 Arms apart



27 Lying down



THURSDAY

7 Meditate



14 Arms back



21 Warrior



28 Meditate



FRIDAY

1 Meditate



8 Arms up



15 Breathing



22 Meditate



29 Arms up, feet apart



SATURDAY

2 Stand on one leg



9 Cobra



16 Meditate



23 Foot over knee



30 Cobra



SUNDAY

3 Namaste



10 Meditate



17 Stand Tall



24 Namaste



31 Meditate



We would just like to say thank you for supporting us and following our Character journey. We hope this e-book has been enjoyable for you or your child.

Thank You

Don't forget to tag us in your crafts!



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 **CHARACTER.COM**

The logo for Character.com, featuring a stylized white 'c' with a planet and ring system, followed by the text 'CHARACTER.COM' in a bold, white, sans-serif font.