



On 27<sup>th</sup> April 2020, lots of our Wallsend Jubilee families signed up for the 'Love Your Mind' 7 day challenge. Families were given 1 activity to do per day to promote positive mental health and wellbeing during these difficult times.

**Den building challenge:** Building a den is great for children's wellbeing as it promotes physical activity, thinking skills and imagination. Dens provide a safe place to go when the world and feelings get too big or scary.



Grace Atkinson and her Mam built this den which amongst other things was used for music time.



Eva and Dimitris Constantinou sharing the Den they built together. Good team work!



Archie Steel persuaded his Grandma to join him in his Den. I wonder if she noticed her ironing board is missing?





Tia Whalen and her Mam made a Den in their spare room using two folding tables covered with sheets, a quilt and blanket. Spare blankets and cushions were added to lie on. Tia put battery operated tea lights in there too, very cosy!

**Mindful Mandalas:** In this challenge the children were asked to create their own, or decorate a mandala design. Creating these is known to help children calm big stressful feelings and help those who are feeling worried.

Look at these wonderful Mindful Mandalas created by Amelia and Noah Webster.



Jubilee children showing how creative they are. More Mandalas this time from Grace Atkinson, love the colour combinations on these, very calming.

This is Amelie Giblin creating her Mandala. Looking at the picture you can feel the amount of concentration and care she is putting into this. Well done Amelie!



**Rainbow jar challenge:** Happiness/positive thoughts jars are really easy to make and a great resource to encourage children to think positive thoughts/use positive self-talk. Children write messages on slips of paper which they put in the jar. When they experience difficult emotions they can use their jar to help them feel better.



Noah Webster with his and his sister's happiness jars which they filled with their hopes, wishes and misses. If having a jar makes you this happy think we should all have one! We especially like that they've put 'misses' in their jars. We're definitely all missing people/things during lockdown.

Tia Whalen ventured out of her Den to make her positive thoughts jar, well done that looks full of positivity!



This was Amelia Robinson's favourite 'Love Your Mind' challenge! She loved decorating her rainbow jar and thinking about positive thoughts, she said her jar includes, "I'm brave", "I can get through this", "I am enough", "I deserve to be happy". Well done Amelia!

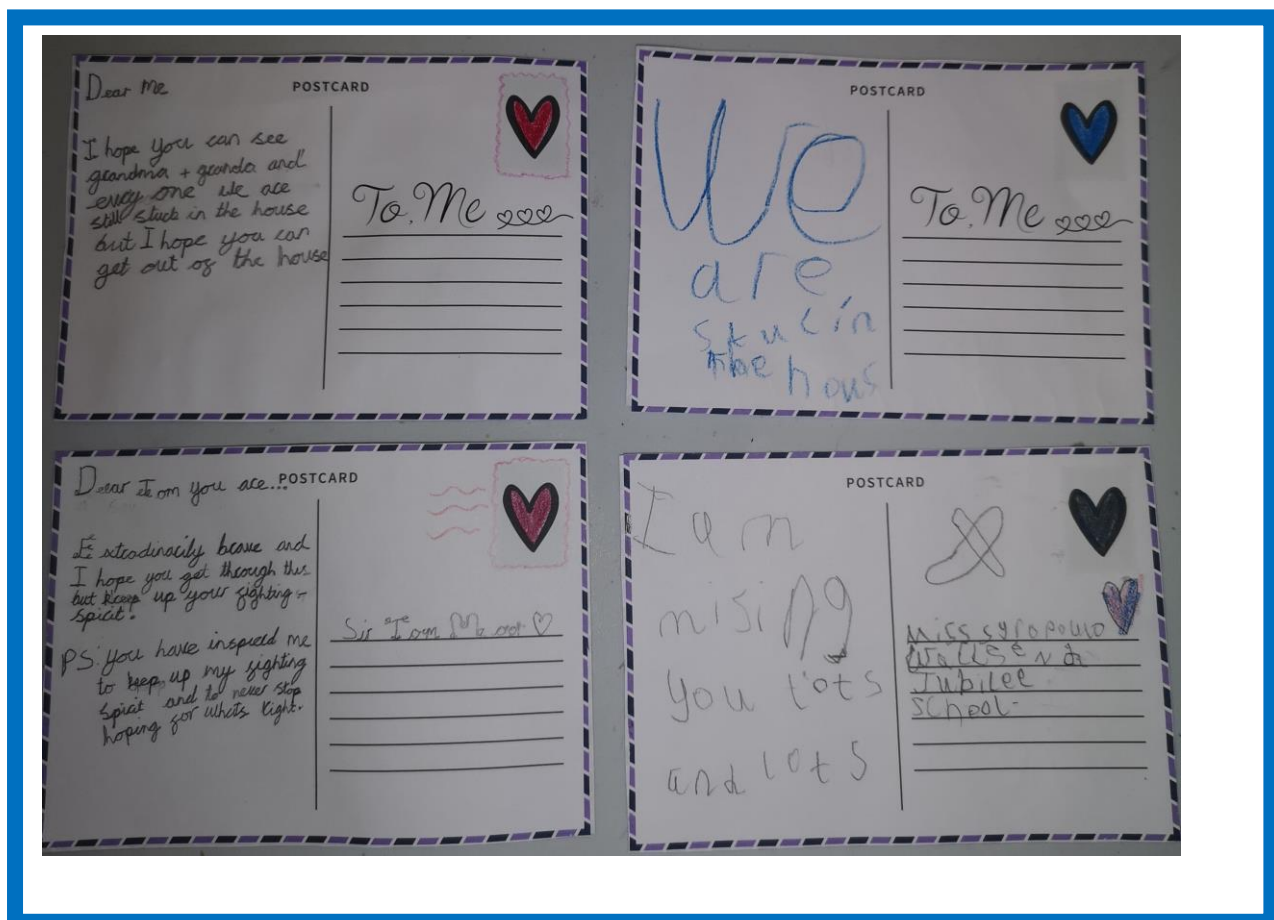
**Kindness postcard challenge:** Children were asked to create a postcard with a kind message to brighten someone's day.

Mrs Bryson especially loved this one!



Noah Webster sent a kindness postcard to his teacher Miss Syropoulou to let her know he is missing her. This definitely brightened her day!

Amelia Webster sent one to herself about the lockdown and how she hopes to see her Grandparents soon.





THIS CERTIFICATE IS PROUDLY PRESENTED TO

Families of Wallsend Jubilee Primary School

FOR SUCCESSFULLY COMPLETING HOLDING HEARTS CIC'S  
7-DAY LOVE YOUR MIND CHALLENGE

27/04/2020 - 03/05/2020



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A huge thank you to all our families who took part in the 'Love Your Mind' challenge. For those of you who didn't manage to join in, and now feel inspired to try it, feel free to contact Mrs Bryson for the resources - [lorraine.bryson@wallsendjubileeps.org.uk](mailto:lorraine.bryson@wallsendjubileeps.org.uk).

Remember you don't have to do all of the challenges, it's okay pick the ones you think will work best with your child/children. The emphasis is on having fun!

Finally many thanks to the local company who organised this, Holding Hearts Therapeutic Services. We would encourage our parents to access their facebook page: Playful Parents Resilient Kids - lots of useful resources/information on how to keep our minds healthy.

Take care everyone!

Mrs Bryson