



RISE



MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

Challenge

Challenges are a normal part of life that we all face no matter how big or small they are! Some of these challenges may be hard and we need support to manage it and others will be easier for us to manage by ourselves. All challenges push us outside of our comfort zone but help us to grow and learn new interests, more about the world and who we are!

Every day, we can challenge ourselves to do small things that push us, like a doing jumping jacks, playing new games, or writing your own short story!

Try one, or both, of the below activities throughout this week:

1. Choose one of the challenges to do below. Before you start the challenge, write down how you feel about it and how confident you are! Once you have finished, write down how it went and what you learnt while doing it!

Examples: Build a house of cards, Try to do 30 jumping jacks in a row without stopping, Find out how to say 'Hi how are you?' in a different language, Draw a picture or doing your friends makeup while blindfolded, Talk to someone new at school

2. Try to make a list of a few goals which you'd like to set yourself to reach this time next year (long term goals). Perhaps these can be things you've always wanted to do but never tried before. Break this goal down into medium-term goals and short term goals (goals you can set to work towards the long term goal in a few weeks or months).

May Dates 2022:

National Walking Month

4th World Maternal Mental Health Day

7th NCPCC Number Day

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.