

Mental Health Awareness P4C



Before half-term we looked at mental health awareness week and you made your own 'Post Lockdown Wishes'. Today we are thinking about the things which help us relax.

On a piece of paper jot down your answers:

- What are the people in the pictures doing? How does this help them to relax?
- What are the similarities and differences between the pictures?
- What do you do to relax? If you can, talk to someone at home about the different ways you can help yourself and others relax.