

Some online resources that you can explore:

There are lots of resources you can use at home to explore Children's Mental Health week:

<https://www.childrensmentalhealthweek.org.uk/>



We will be marking this week in school with some additional work to our usual RSHE curriculum. The theme is "Express Yourself" and we will be asking staff and pupils to dress to express themselves on Friday 5th February. We would like as many people as possible to join in, either in school or from home on Zoom. It should be a fun day!

This week I have found some scavenger hunts for you. Encourage your child to explore the environment and see if they can find some things from the list:



You can also try making some resources at home (if you are feeling brave) I would love to see any attempts, and let me know of any making tips for class please:



MOTHERCOULD
PLAY DOUGH

YOU'LL NEED:

- 1 cup flour
- 1/2 cup table salt
- 2 tbsp cream of tartar
- 1 tbsp oil
- 1 cup boiling water
- Food coloring

INSTRUCTIONS:

1. In a bowl, combine the flour, salt and cream of tartar. Mix well.
2. Add the oil
3. Mix a few drops of food coloring into the boiling water and add to the bowl.
4. Mix everything very well and massage with your hand until it is no longer sticky.
5. Once it has fully cooled, wrap in plastic and put in an airtight container. Store at room temperature for about 6 months.



MOTHERCOULD
TASTE SAFE SLIME

YOU'LL NEED:

- 1/4 cup chia seeds
- 1 + 3/4 cup water
- Food coloring
- 3-4 cups corn starch

INSTRUCTIONS:

1. Mix the chia seeds, water and food coloring together.
2. Cover and refrigerate overnight.
3. Uncover and add the corn starch a little at a time. About a cup at a time. Mix and then continue until you achieve the desired consistency. Should be like regular slime. Slimy but can be easily taken off the hands.
4. Store covered in the refrigerator. You will need to add a little water each time you take it out to use it. It will reactivate the slime.



MOTHERCOULD
ICE PAINTS

YOU'LL NEED:

- Ice cube tray
- Water
- Food coloring
- Popsicle sticks

INSTRUCTIONS:

1. Fill an ice cube tray with water. Don't over fill
2. Add a small drop of food coloring to each cube.
3. Cut a popsicle stick in half. Use the flat edge side to mix the water and food coloring. Leave the popsicle stick inside
4. Freeze overnight

*When painting, use water color paper for best results.