

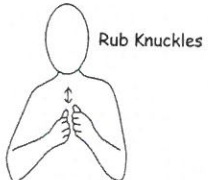


Week beginning: 3rd February 2025

This week in Maple – **Children's Mental Health Week**

We are here to help. If you have any questions or concerns, please talk to your child's keyworker or any of the staff.

<p>Books of the week: The Colour Monster Worrysaurus</p> 	<p>Rhyme(s) of the week: If You're Happy and You Know It</p> 	<p>Sign of the week: Brother</p> 
---	--	---

Learning opportunities:
We will be:

- Taking part in guided meditation.
- Using our creative skills to create our own furry Colour Monsters.
- Using our imaginative skills to create potions to help us feel happy.
- Listening to calming music and talking about how it makes us feel.
- Sharing PSED stories and reflecting on our own experiences.
- Talking about strategies to deal with challenging situations.




This Week's Happy thought is:
Please discuss this with your child at home



Outdoor learning opportunities:
We will be:

- Taking part in Bear Yoga.
- Using our senses to explore the story 'We're Going on a Bear Hunt.'
- Visiting to Wilderness Garden to take part in some Woodland Yoga.



Help At Home:
Here are some mindfulness activities that you can try at home with your children.



[12 Mindfulness Activities for Kids - Cosmic Kids](#)

Dates for your diary:
Friday 14th February – Nursery closes for half term, re-opening on Monday 24th February