



What is Mental Health?

Staying healthy is vital for all of us. We're all staying at home so that a virus can't affect our health or the health of others. Physical health is how our bodies feel.

Mental health is how we feel in our minds and our emotions. It's just as important as physical health.

Why is it important now?

Mental health is always important but, right now, the lockdown and the virus can cause worry and anxiety. These things affect mental health a lot.

How can we stay mentally healthy?

To stay physically healthy, we eat a balanced diet and we exercise, and we get plenty of sleep. These things help our mental health, too, but we can also do other things, such as...

Expressing Ourselves

Being creative and expressing ourselves is a way of exercising, mentally. Scientists have found that it's a great way of staying mentally healthy!

You could... draw, sing, dance, dress-up, act, perform, write, play music, paint, collage etc etc etc!

Express Yourself Challenge

Choose some ways of expressing yourself. Email videos or photos of them to admin@brixington.devon.sch.uk, or ask your parents to post them on our Facebook page.

Friday February 5th

Celebration Assembly at 11.30

NO SCREENS afternoon: Concentrate on our Travel to Uganda and Express Yourself challenges, and try Miss Burnett's sports challenge.

Friday February 12th - Dress to Express Day

Home and school learners to wear fancy dress all day!

Celebration Assembly at 11.30 - celebrating our expressive dresses and successes!

NO SCREENS afternoon: Concentrate on our Travel to Uganda and Express Yourself challenges, and try Miss Burnett's sports challenge.



