

Spring Mental
Health and
Wellbeing calendar.
Walsall Reflexions

Do you find it difficult to incorporate mental health and wellbeing into the Spring holidays?



To help, we have created a simple calendar for the Spring of 2022 to help you plan ahead



Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It can help your body and mind to relax, drift away, or be more energised

Themes:

Boost your self esteem week

,
Boost your confidence

Make life changes.

Activities:

<https://www.childrenssociety.org.uk/information/young-people/well-being/resources/self-esteem>

<https://www.youngminds.org.uk/parent/a-z-guide/self-esteem/>

<https://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/>



Themes

Importance of sleep.

Routines and good sleep Hygiene.

Impact on mental health and wellbeing.

Activities

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children>

<https://www.bing.com/videos/search?q=sleep+for+children&qpv=sleep+for+children&FORM=VDRE>

<https://thesleepcharity.org.uk/information-support/children>

<https://www.sleepfoundation.org/teens-and-sleep>

<https://www.oursleepguide.com/teenagers-sleep-guide/>

<https://www.bing.com/videos/search?q=good+sleep+guide+for+teenagers&qpv=good+sleep+guide+for+teenagers&FORM=VDRE>



Themes:

Body Image

Love our Bodies,

The impact our
bodies have on our
mental health,

Peer pressures

Activities:

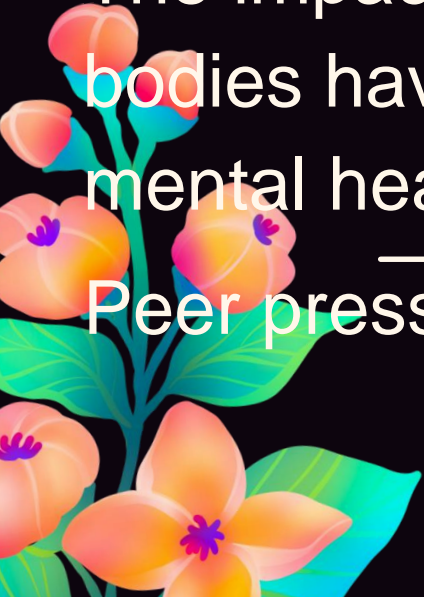
<https://www.youngminds.org.uk/young-person/coping-with-life/body-image/>

<https://www.frederm.co.uk/body-image-and-self-esteem>

<https://www.bing.com/videos/search?q=body+image+for+teenagers&qpv=body+image+for+teenagers&FORM=VDRE>

<https://www.mentalhealth.org.uk/publications/body-image-report/childhood>

<http://www.socialworkerstoolbox.com/no-bodys-perfect-worksheets-body-image-mental-health/>



Themes:

World Poetry Day

Relax and unwind with poetry.

Write your own thoughts through poetry

Activites:

<https://www.twinkl.co.uk/event/world-poetry-day-2022>

<https://www.mind.org.uk/information-support/your-stories/talking-about-mental-health-through-spoken-word-poetry>

<https://happiful.com/7-poems-that-teach-us-about-mental-health/>

<https://www.bing.com/videos/search?q=poetry+and+mental+health+for+children&qpv=poe+health+for+children&FORM=VDRE>



Themes:

World Autism Day

Raise awareness

Acceptance

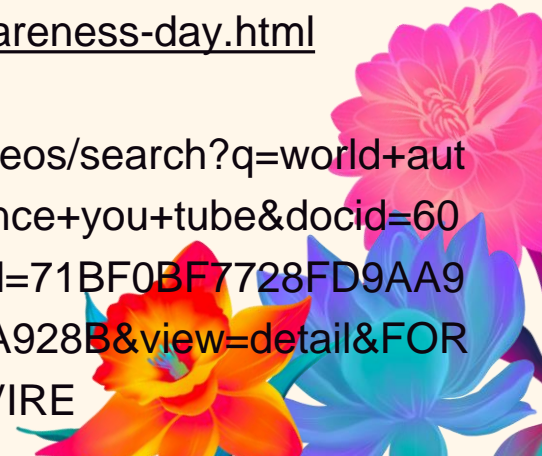
Activities

<https://www.autism.org.uk/get-involved/raise-money/world-autism-acceptance-week-2022>

<https://www.twinkl.co.uk/event/world-autism-awareness-day-2022>

<https://www.holidays.net/days/kids-activities-world-autism-awareness-day.html>

<https://www.bing.com/videos/search?q=world+autism+day+2022+acceptance+you+tube&docid=608036673474464255&mid=71BF0BF7728FD9AA928B71BF0BF7728FD9AA928B&view=detail&FOR>



Themes:

National walking month

Walking for good mental health and wellbeing.

Family time

Activites

<https://www.twinkl.co.uk/calendar/66>

<https://www.roomtogrow.co.uk/blog/enjoy-walking/>

<https://www.nationaltrust.org.uk/features/how-walking-in-nature-can-help-wellbeing>

<https://www.nhs.uk/live-well/exercise/walking-for-health/>





Mental Health Matters

Walsall Reflexions

