

# Ethos to GO!

W/C 17/05/21 no 23

## This Week's Idea

Mental Health  
&  
Well-being



## This Week's Bible Verse



I  
have come that they might  
have life  
and have it to the  
FULL  
John 10:10



## Let's Ponder!

\* This week we are looking at mental health and well-being. Why is it important to look after our mental health??

\* Watch the video on the blog, St James Ethos children have produced a fantastic video this for this week.

\* There are lots of examples in the Bible where God shows that he wants the very best for us. Can you discuss any?

\* When do you feel good about yourself?

\* Discuss the scenarios on the video.

\* Feelings are linked to our behaviours. What sorts of things do you do to relax? Think about any hobbies you have.

\* Can you think of your favourite place? Visualize yourself there. How do you feel?

\* What sorts of things can you do to help build up your self-esteem? How can God help us?

Relax and  
control  
your  
breathing

## This Week's Prayer

Everyone of us is special in God's eyes.

- \* There is no one quite like us and we are all important.
- \* We are all unique.
- \* We all have likes and dislikes.
- \* We all have feelings.
- \* We are all important to other people.
- \* We must remember to be kind and considerate to one another.

Dear Lord,  
Thank you for making us all unique.  
We recognize we all have different  
feelings, likes and dislikes.

Thank you for helping us to remember to be kind and considerate to others. Help us to know when we need to take some time out to look after ourselves. Help us to support other people to feel good about themselves and build up their self-esteem.

Amen

# This Week's Activity

## Mental Health and Well-being

Watch the video, St James have produced a fantastic video for this week's post. Use your mirror, window and door key rings to explore the topic of leadership. Make a set of mindfulness cards for your classroom reflection area.



**Blog Post**- This week's blog post is related to our idea of mental health. Please leave your individual or class responses. Refer to the questions on page one of this resource card?

[www.ethosatboltonandfarnworthtrust.org](http://www.ethosatboltonandfarnworthtrust.org)

**Mindfulness Activity Card**

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Close your eyes and spend one minute thinking about the happiest day of your life. Try to remember as much about that day as you can.

**Mindfulness Activity Card**

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Close your eyes and think about how you are feeling. Happy? Sad? Mad? Scared? Excited? Something else? Think about how you know you are feeling this way.

# Ethos At Home

*Activities you can do at home this week!*

Make your own mindfulness card at home:

\* **You will need** – paper, pen, coloured pens and scissors.

**Activity** – You can watch the video on our blog again to re-cap on the things the children say about mental health and well-being.

\* You could make your own mindfulness cards. Try to research different things that you can put on your cards. Use them with your friends and family.

\* Make your own affirmations poster.



# Quote of the Week

Your calm mind  
is the ultimate  
weapon against  
your challenges.  
**So relax.**

~Bryant McGill

## SELF-CARE IDEAS

Listen to that one song Repeat.	Talk to a friend. Or pet. (Wait, those are synonyms.)	Comfort food.	Fold laundry. (Repetition + productivity = calm.)
Write. Or draw.	Play like a kid. Silly putty, bubbles, Legos, cartoons, coloring...	Make your bed. Fresh Sheets!	Drink cocoa by the fireplace.
Look up funny memes.	Compliment Someone and watch their face light up.	Take a shower. Better yet, soak in the tub with a magazine.	Read a book. Bonus points if it has pictures.
Make something without caring whether it's "good."	Have a good cry, but keep it short. Use the expensive tissues.	Buy yourself a small gift, just because.	Forgive yourself for what you couldn't do today, and resolve to try again tomorrow!

**Have Fun!**



The Bolton & Farnworth CofE Primary Multi Academy Trust  
Together With God

