

# Amazing Children's Mental Health Week Planner

Flex your character muscles and build mental strength through our wellbeing activities



## Enthusiasm

Exercising and active play increases all our happiness levels (dopamine, oxytocin, serotonin and endorphins) - so make sure you do some every day!

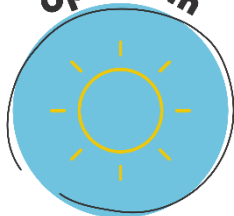
## Optimism

Getting up close to nature can help you stay calm and feel relaxed and optimistic. Spend some time outdoors with friends and family this week and take the time to listen, see and feel what is around you.

## Creativity

Playing music, creating art and laughing all boost endorphins which help our wellbeing. Practice all three as much as you can.

## Optimism



## Gratitude

Regularly practising gratitude leads to our happiness chemicals increasing, better health and relationships. Start a gratitude diary noting three things a day.

## Gratitude



## Adaptability



## Adaptability

Be like bamboo, learn to be flexible and let go of the small stuff. It can improve your wellbeing.

## Creativity



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