



Glusburn Community Primary School

Colne Road, Glusburn, Keighley, Yorkshire BD20 8PJ
Telephone 01535 632145. E-mail admin@glusburn.n-yorks.sch.uk
Website: www.glusburn.n-yorks.sch.uk
Reg Charity No 1060322
Headteacher Mr. R.Hunt

Mental Health Day: Friday 9th October 2020

On Friday 9th October we will be holding our Mental Health Day in support and recognition of Young Minds.
<https://youngminds.org.uk>

So that children can engage in a range of activities that will help them: connect, be active, give, notice and learn, we are asking pupils to wear their PE kit for the day (Year 1 to Year 6 only).

Throughout the day we will be involving children in a range of relaxing and kind-minded activities.
You may want to try them out before at home.

Yoga:

KS1 Cosmic Kids <https://www.youtube.com/watch?v=ArOzn2dtDdA>

KS2 (Yoga with Adriene for Kids; Yoga for the classroom) <https://www.youtube.com/watch?v=Td6zFtZPkj4>)

Massage:

The Weather Massage <https://www.youtube.com/watch?v=mKEtqKW9bXY>

Monty the dog is bored <https://www.youtube.com/watch?v=2b0EKc-YjVs>

Baking a cake <https://www.youtube.com/watch?v=s3H-ceHr6iE>

Dance:

Just Dance <https://www.youtube.com/watch?v=Y6nFNSIFqWw>

Active activities

Hoola hoops, skipping, running/walking a km (4 times around the field)

Being Outside, Green Spaces:

KS1: tree detectives <https://www.nationaltrust.org.uk/features/no-1-get-to-know-a-tree>

Be calm and be kind to yourself and others everyday:

"Imagine all the people, living life in peace". John Lennon's 80th birthday 9th October 2020.

<https://www.youtube.com/watch?v=VOgFzRVaww>

UNICEF Article 24: Children have the right to health care.

UNICEF Article 31: Children have the right to relax and play.

Richard Hunt

Headteacher



Schools of Sanctuary

