



ITL CANDYFLOSS SCHOOL
SECTOR-9, DWARKA
Celebrated Mental Health Week

Day/Date- 5th to 8th October, 2020

Class- Pre School /Pre Primary

MENTAL HEALTH WEEK

The emotional well being and physical health goes hand in hand. At this crucial time of pandemic, actions like social distancing can make people feel isolated and lonely .It can increase stress and anxiety not only in kids but in adults as well.

So to create the awareness of administering mental health amongst everyone, ITL Candyfloss celebrated Mental Health Week from 5th to 8th October 2020, with fun activities for good mental health to bring calmness and happiness on children's faces. Good mental health allows children to grow into well rounded healthy adults.Children needs to be loved and taken care of with bunch of candies ofcourse!

DAY 1- Mindfulness:

It is a practise of being aware of one's body, mind, feelings in the present moment and thought to recreate oneself.

A perfect start to a bright and sunny day with kids sitting and doing **MEDITATION**. Kids were quite warmed up before getting started with our second activity that was **BRAIN TEASERS**. In this game, kids were given many brain teasers and they had to come up with the solutions. They had a great time juggling with these exciting teasers which helped them to strengthen their problem solving and critical thinking skills.

Our third activity was **TEST WITH MEMORY:**

Kids were shown a lively picture for 2 minutes. In those 2 minutes they had to gather as much information as they could. This helped them to develop their retaining power and observation skills.



DAY 2- Mindful Eating : Time to relish SPROUT SALAD:

Eating food containing all the nutrients helps children to grow physically and mentally. The children brought sprouts, chopped onions, tomatoes, cucumber, different fruits and sprinkled a bit of chaat masala to make and relish sprout salad. The colours added to the sprout salad made it more tempting.

And guess what ,”the bowls were empty, hurray!”

DAY 3- Wellness Wednesday

Socio emotional health is viewed as one of the key factors in children's long term academic and life success. Kids were asked about their feelings that moment and then they were guided to draw different emojis like happy , sad , angry , excited with the help of bangles. Through this activity they learnt about their feelings and the way of self expression. This creative way of depicting one's emotions surely was an easy way for children to learn how to express emotions.

Virtual Scavenger Hunt was further conducted in which the children were asked to hunt for the things that made them happy, had four wheels, anything made by them and something with numbers on it. This activity made them curious, laugh and verbalize about the things they hunted for at their abode.

DAY 4- Physical Activities: Thoughtful Thursday

Our Day 4 activity included dancing, movement of body in a rhythmic way which boosted their confidence and made them certainly happy and engaged . It has wide range of physical and mental benefits. Children tried a variety of dance forms such as freeze dance, sleeping song dance and copy dance and they thoroughly enjoyed.

The overall objective of raising awareness of mental health and engaging the little ones in different brain games was very much accomplished through” Mental Health Week”.

