

## Want to have positive mental health as a family?

### Embrace these G.R.E.A.T. values

### YEAR 7,8,9 Activities #familyMH5aday

(All house points get collected and banked to your overall tutor house points. The tutor group who contributes the most house points win a PRIZE and the title as the TUTOR Wellbeing Ambassadors of the year)

Week	G = GIVE	R = RELATE	E = ENERGISE	A = AWARE	T = TRY SOMETHING NEW
1	Give everybody a hug at Home OR give each one a compliment (1 HP)	Put your phone away or switch the TV off for 1 family dinner & have a conversation starting with "How was your day?" (1HP)	Go for a walk with your family. Take a family selfie (2 HP)	Go for a 30-minute walk and try not to look at your phone but be aware of the Winter season and the 5 senses. Take photos if u want (3 HP)	Bake something seasonal Christmas themed with a family or friend such as a Gingerbread Man and share with the family. Take a photo (3 HP)
2	Offer to wash the Dishes after a family meal or stack /unstack the dishwasher (1 HP)	Interview your family members talking about most embarrassing/scary/ happiest moments. (3 HP)	Create a gadget basket and place your gadgets in there after an agreed time in the house. No electronic device an Hour before bed (Includes Xbox, PS, Phones, Etc etc.) (3 HP)	Watch / listen to the headline News; note down if it changes during the day. Reflect on what is the biggest crisis in our world today (1 HP)	Make a Christmas card for a family member Take a photo. (1 HP)
3	Before you get asked, offer to Clean your Bedroom. (Even if you share) Take a photo before and after (3 HP)	Write in a Thank You card to a teacher / parent/friend who helps you a lot. Give it to them (3 HP)	Lie down and read a non-digital book/magazine/news paper and RELAX for 20 minutes (2 HP)	When you wake up, think of 5 things you're grateful for and text them or email to yourself or write down or take a photo of what you are grateful for (2 HP)	Try telling a new short clean joke to a family member or friend. Try collect as many 'clean' jokes as you can for your tutor group and write a family or tutor joke book (3 HP)
4	Help Parents/Carers Cook a family meal. (2 HP)	Watch 1 YouTube video from <a href="http://www.timetochange.com">www.timetochange.com</a> about Mental Health How would you rate your mental health? Talk to someone if you need to. (3 HP)	Eat 3 different healthy breakfasts. Take photos of how different they were. Share the recipes (3 HP)	Download FREE My TeenMind app and research STRESS. Are you showing any of the symptoms? Read the advice section. (3 HP)	Take part in an Inter-house activity. Get your tutor group to cheer you on. How did that feel? (2 HP)
5	As a family, put up the Christmas Decorations and take 4 Photographs of during and after OR Talk about what are meaningful free gifts you can give to each other. Set yourself the challenge (4 HP)	Watch a favorite T.V. program/film with a family member or friend and cook homemade pop-corn. What was the film/t.v. program? (3 HP)	Drink 8 glasses of water for a day. What do you notice at the end of the day? Always carry a full water bottle. (2 HP)	Magic Moments – Get yourself a jar /Box/ envelope to write or store lovely experiences. Time with family and friends, celebration days, personal experiences. When you are feeling anxious, open your 'Magic Moments' and check how great you are. (3 HP)	Either Play an instrument, board game or sport you have not played in a while or learn to play a new one. Try and involve 1 family member at least Take a photo (3 HP)

Parents please write a signature in each box after your child and/or family have successfully achieved each activity. Please also sign the pledge of authenticity at the bottom.

'I (Parents Signature) .....confirm that the activities above were completed by (Students Name).....'

Hand in the signed and finished form to your tutor before December 15<sup>th</sup> so HP can be counted. Don't delete the evidence.