

CHILDREN'S MENTAL HEALTH WEEK



ACTIVITY BOOKLET



CHALLENGES & ACTIVITIES



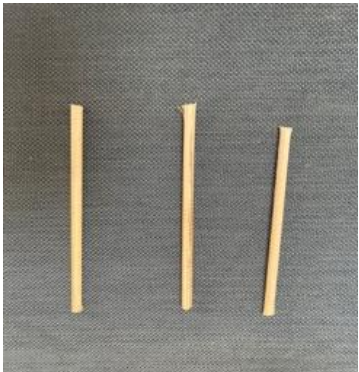
- Throughout this week, have a go at some of these activities whether you are at home or school.
- Take your time, you do not need to do them all. You can even save some for next week if you want to.



COCKTAIL STICK PROBLEM 1



Is it possible to turn these three sticks into six without splitting or breaking them?



Hint – the Romans might know how to do it!



COCKTAIL STICK PROBLEM 2



Move two sticks to make these into nothing!



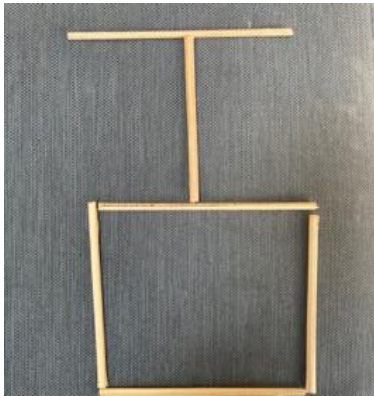
Hint – only words can describe this



COCKTAIL STICK PROBLEM 3



Move two sticks to create a shape with five squares in it.



Hint – take the plunge(r)!



COCKTAIL STICK PROBLEM 4



Move six of the sticks in the diagram to leave two



Hint – this is a wordy puzzle!



COCKTAIL STICK ANSWERS

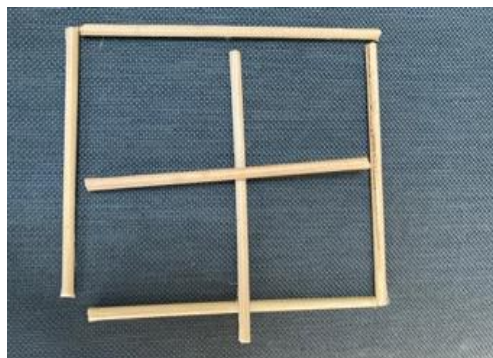
1.



2.



3.

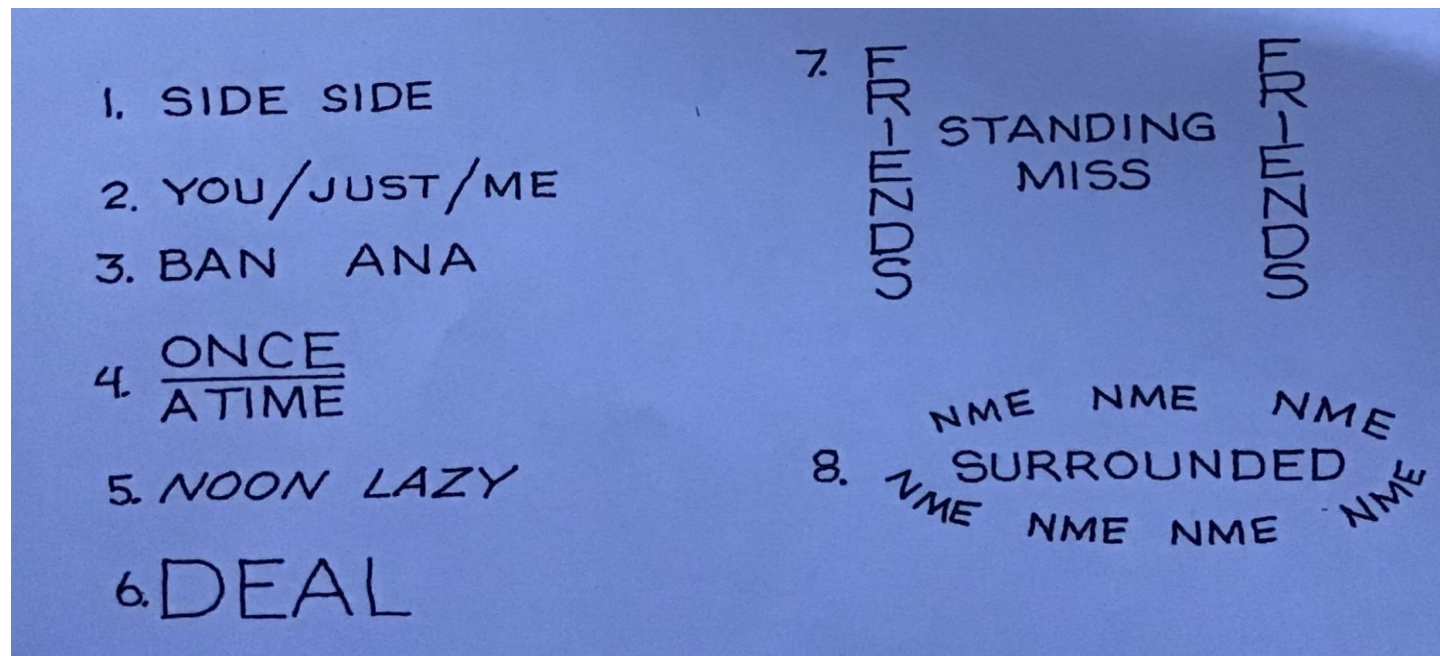


4.



WORDLES

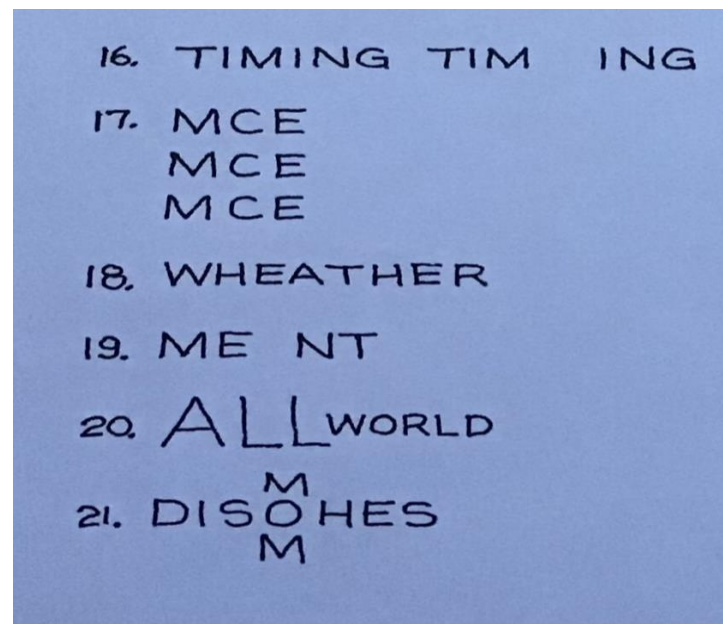
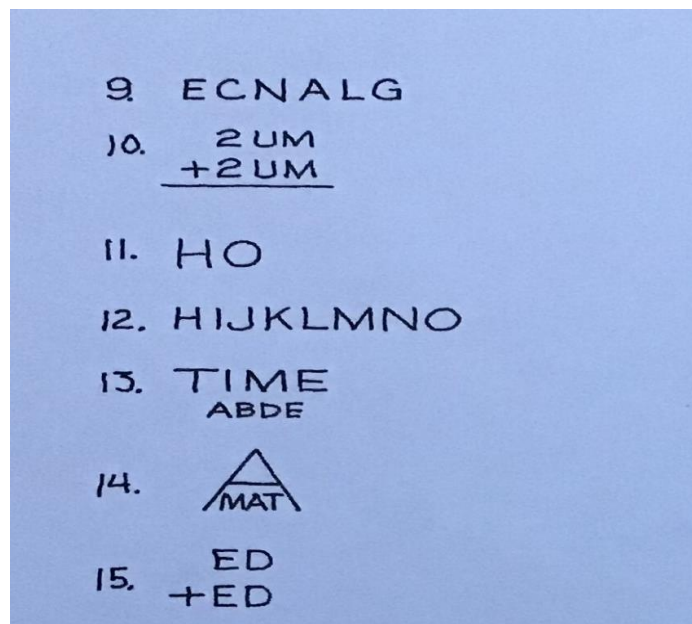
Can you solve these WORD puzzles?



WORDLES



Can you solve these WORD puzzles?



WORDLES



Can you solve these WORD puzzles?

22. IECEXCEPT
23. BJAOCKX
24. H A N D
25. PAS
26. A G O
27. YOUR P A N N T S
28. GESG
29. ONE
ONE

30. ISSUE ISSUE
ISSUE ISSUE
ISSUE ISSUE
ISSUE ISSUE
ISSUE ISSUE
31. NAFISH
NAFISH
32. _____ IT
33. STOMACH
34. PROMISES
35. LAL



WORDLES



Can you solve these WORD puzzles?

36. MOTH
CRY
CRY
CRY

37. ME QUIT

38. $\frac{O}{M.D.}$
Ph.D.
L.L.D

39. ii ii
O O

40. $\frac{STAND}{I}$

41. DICE
DICE

42. O - 144

43. CYCLE
CYCLE
CYCLE

44. KNEE
LIGHT

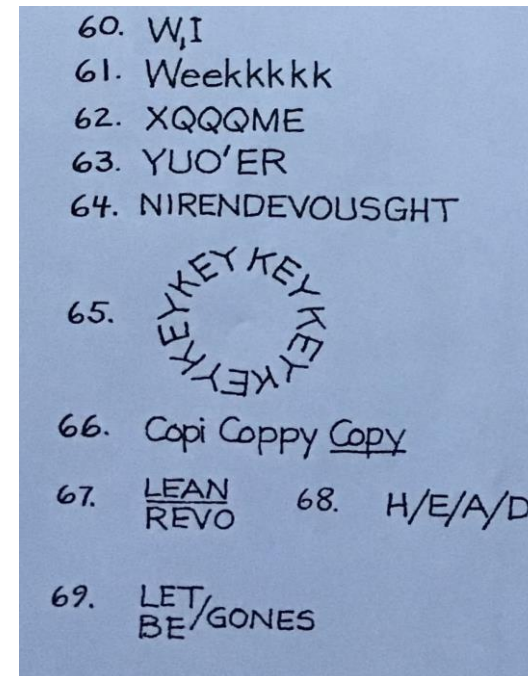
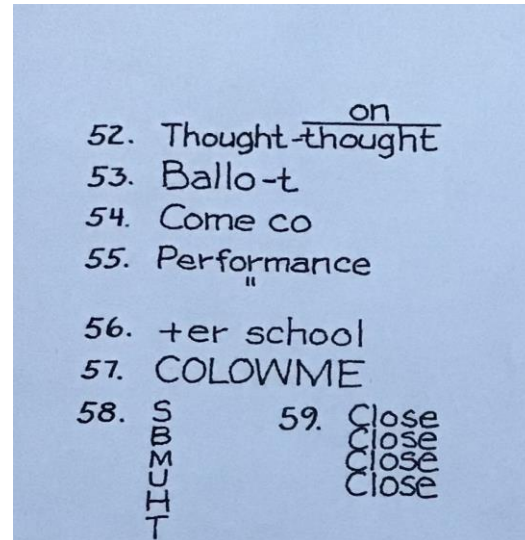
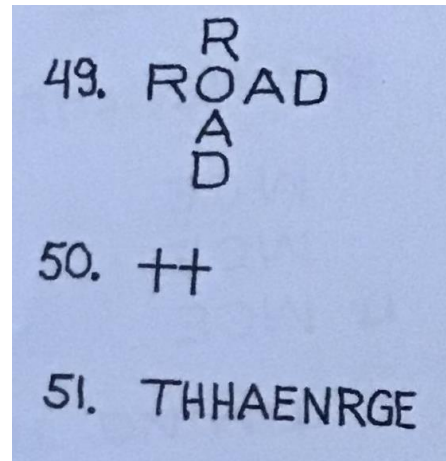
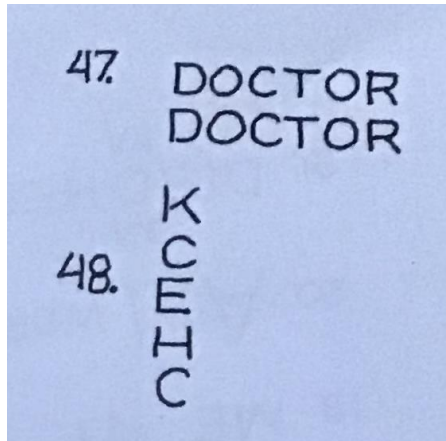
45. GROUND
FEET
FEET
FEET
FEET
FEET
FEET

46. HE'S/HIMSELF



WORDS

Can you solve these WORD puzzles?



THE ANSWERS



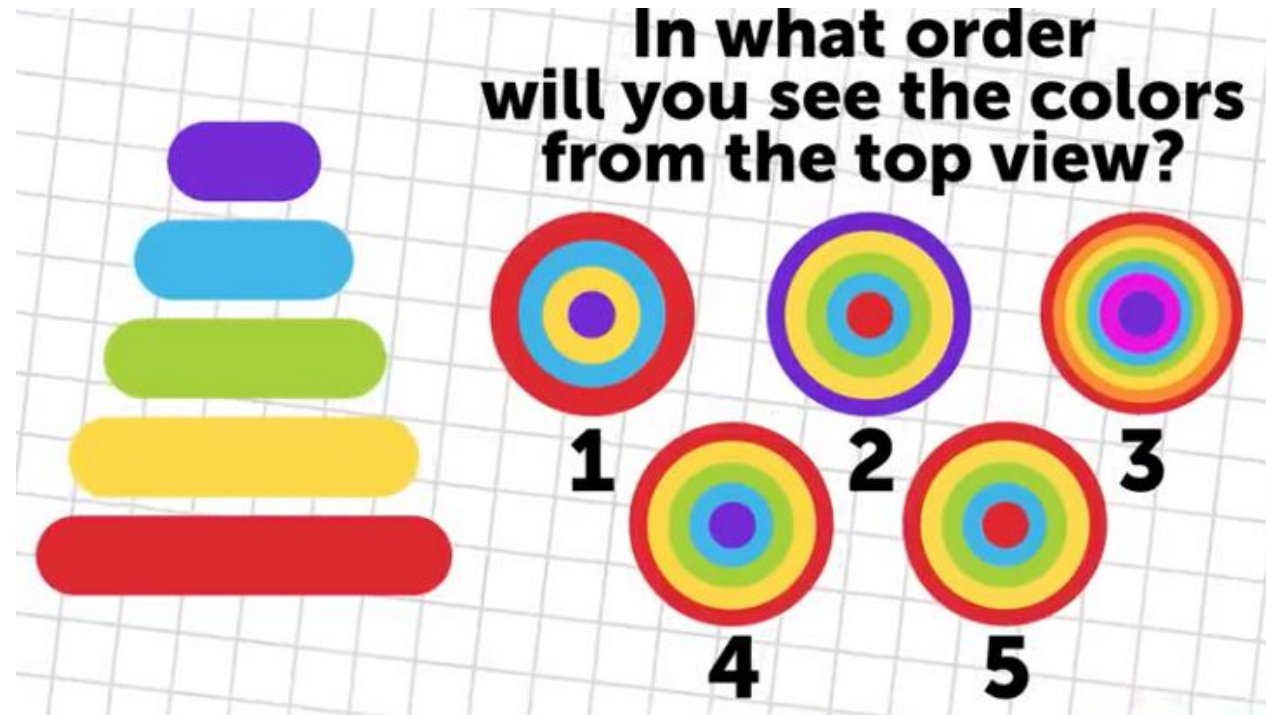
1 Side by side	16 Split second timing	31 Tuna fish	46 He's beside himself	61 Long weekend
2 Just between you and me	17 Three blind mice	32 Blanket	47 Paradox	62 Excuse me
3 Banana split	18 A bad spell of weather	33 Upset stomach	48 Check up	63 You're confused
4 Once upon a time	19 Apartment	34 Broken promises	49 Cross road	64 Midnight rendezvous
5 Lazy afternoon	20 It's a small world after all	35 All mixed up	50 Double cross	65 Key ring
6 Big deal	21 Mom breaking dishes	36 Mothballs	51 Hang in there	66 Copyright
7 Misunderstanding between friends	22 I before e except after c	37 Quit following me	52 On second thought	67 Lean over backwards
8 Surrounded by enemies	23 Jack in the box	38 Three degrees below zero	53 Absentee ballot	68 Headquarters
9 Backward glance	24 Hand in hand	39 Circles under the eyes	54 There's more to come	69 Let bygones be bygones
10 Forum	25 Incomplete pass	40 I understand	55 Repeat performance	70 Angle of incidence
11 Half an hour	26 Long ago	41 Paradise	56 Summer school	71 I'm in love with you
12 Water (H to O)	27 Ants in your pants	42 O-gross	57 Low income	72 Open season
13 Long time no see	28 Scrambled eggs	43 Tricycle	58 Thumbs up	73 One night stand
14 Matinee	29 One on one	44 Neon light	59 Foreclose	74 Money market
15 Added	30 Tennis shoes	45 Six feet under ground	60 I'm upset	75 Head over heels in love



PUZZLES

Can you solve these puzzles?

1.



PUZZLES

Can you solve these puzzles?

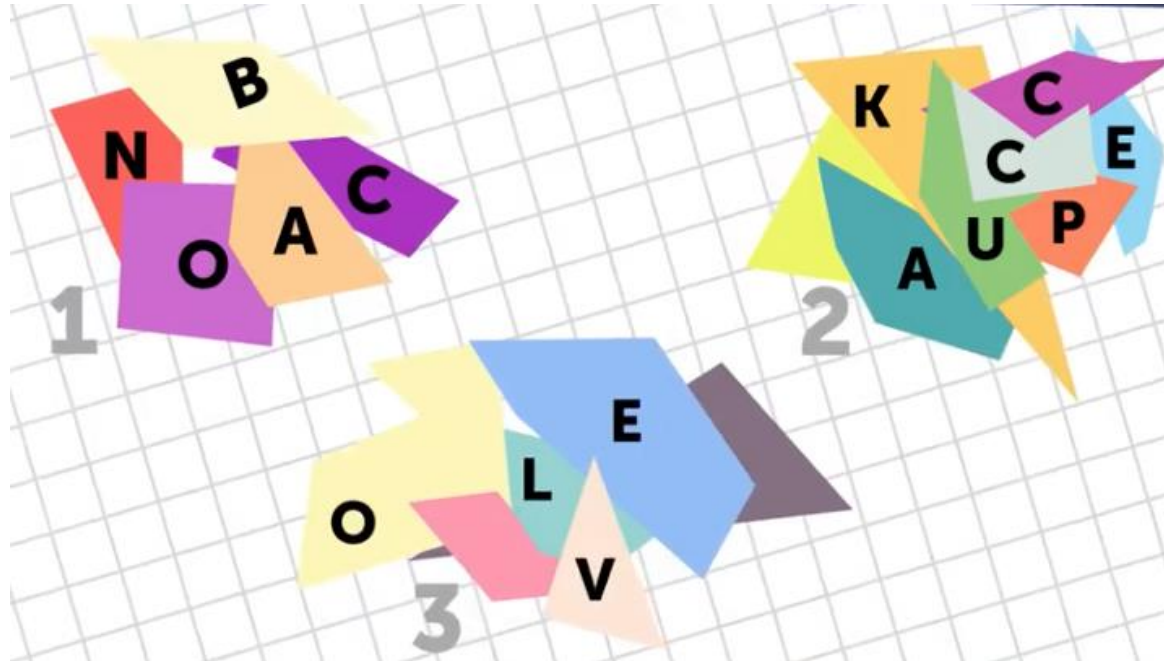
2. What is the next number in this sequence, and why?



PUZZLES

Can you solve these puzzles?

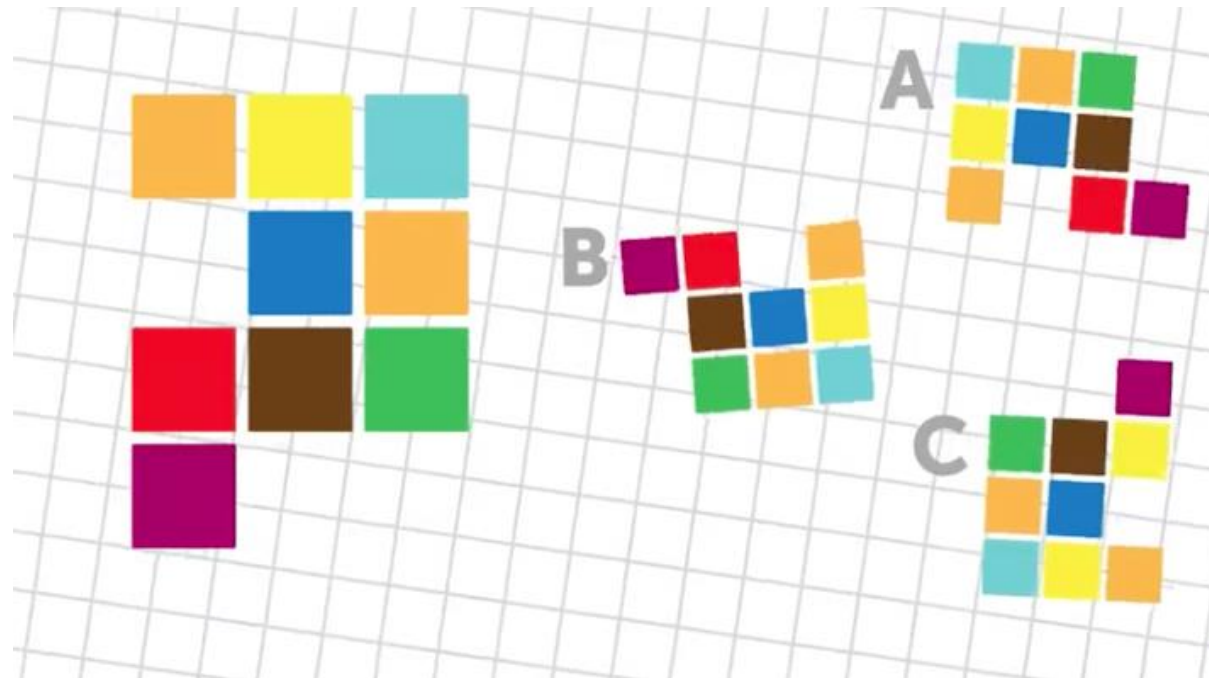
3. Can you
unscramble
these words
and find an
odd one out?



PUZZLES

Can you solve these puzzles?

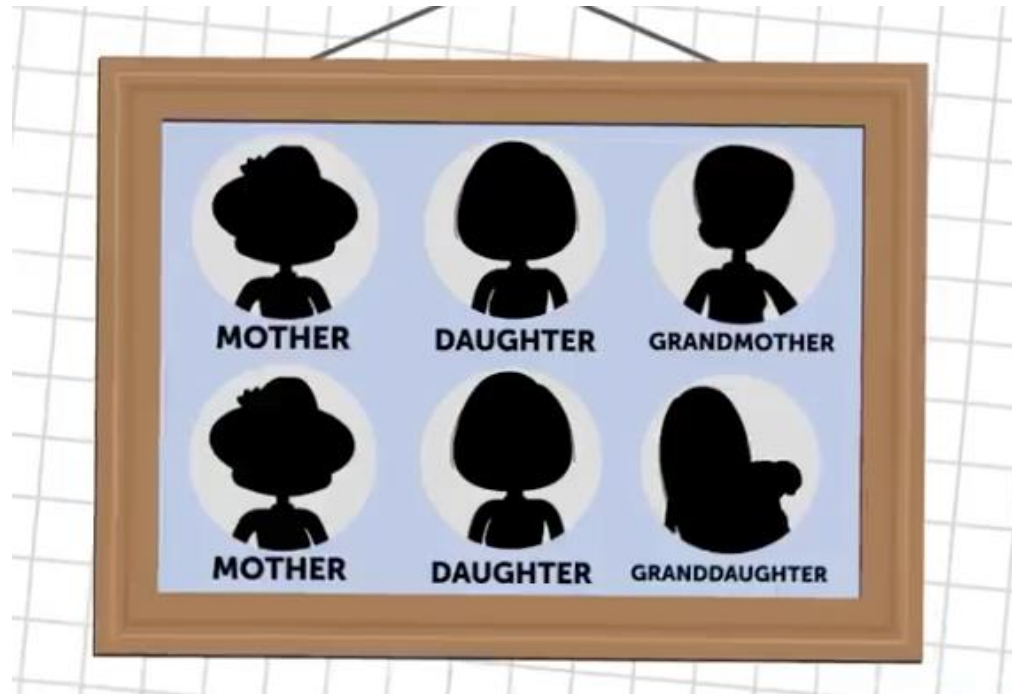
4. Two of A, B & C are a rotation of the larger shape but which one is wrong?



PUZZLES

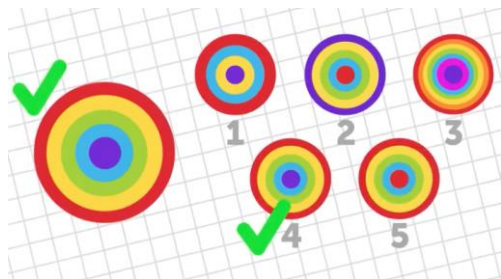
Can you solve these puzzles?

5. This family have 2 mothers, 2 daughters, a grandmother and a granddaughter.
How many people are actually in this family?

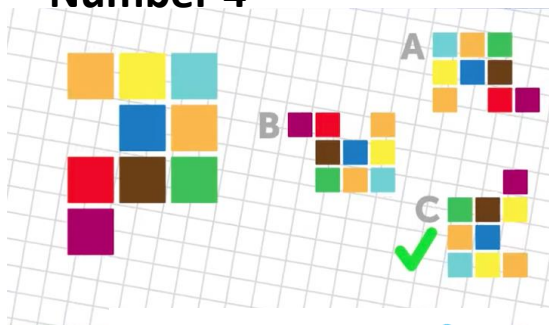


ANSWERS

Number 1



Number 4



CHESHIRE & WARRINGTON
SCHOOL GAMES NETWORK

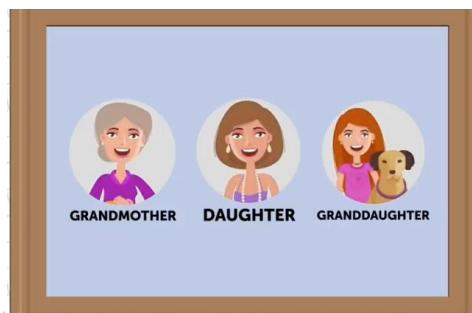


Number 2

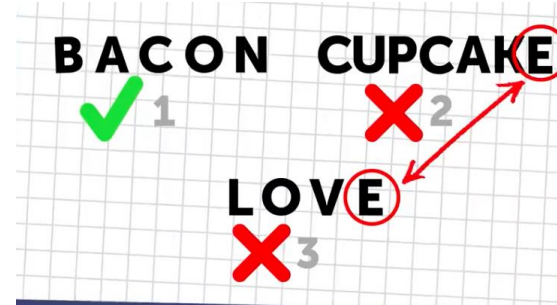
2	5	8	14	23
$2+5=7$	$7+1=8$			
$5+8=13$	$13+1=14$			
$8+14=22$	$22+1=23$			

The two previous numbers added together plus 1

Number 5



Number 3



Bacon doesn't end in E!



PERSONAL BEST

WELLBEING ACTIVITIES TO TRY:

- **Skipping** — How many two footed skips can you complete in 1 minute (Reception—Year 1), 2 minutes (Years 3-6) or 3 minutes (Year 7+)
- **Speed bounce** — How many times can you jump from 2 feet to 2 feet across a line in 20 seconds (Reception—Year 1), 40 seconds (Years 3-6) or 60 seconds (Year 7+)
- **Running** — Can you run without stopping for 7 minutes (Reception—Year 1), 10 minutes (Years 3-6) or 12 minutes (Year 7+)

★ OTHER PLACES TO GET IDEAS:

https://www.youtube.com/playlist?list=PLX9GnyQdxaf5SqSnTYy_pc51k7lIPi4je

<https://www.youtube.com/playlist?list=PLX9GnyQdxaf7gWU6eliNHNh3aSxOIhVxr>

<https://www.youtube.com/playlist?list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ>

<https://www.youtube.com/playlist?list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ>



COORDINATION CHALLENGE

WELLBEING ACTIVITIES TO TRY:

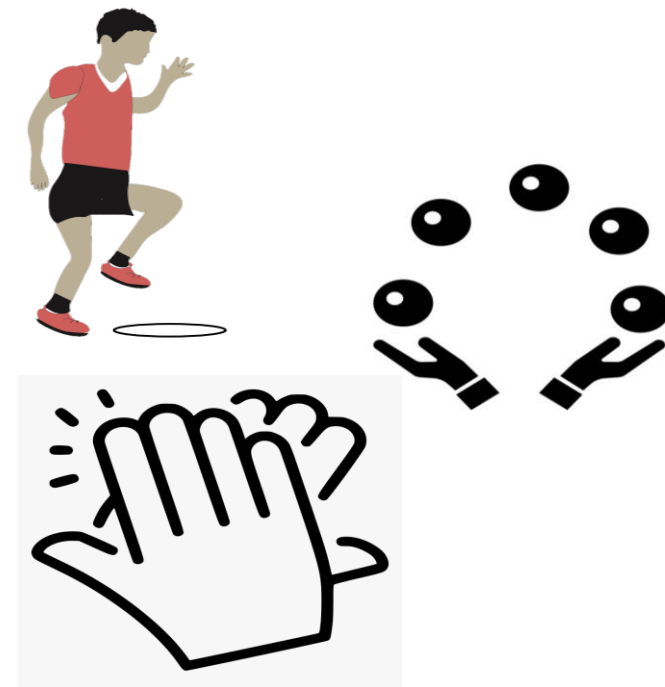
•**Step In, Step Out challenge**– How many times can you step in and step out of a circle in 60 seconds? Step in and out 1 foot at a time, both feet must step into the circle and then out again, no jumping.

•**Juggling**– Using a tissue, light scarf or plastic bag try juggling 1 handed (right hand to right hand etc.), try 2 handed (right hand to left hand etc.) then try with 2 or 3 tissues, scarves or bags.

•**Stand and Clap**– While standing clap the inside or each foot with the opposite hand, firstly to the front of your body and then behind. How fast can you do it?

OTHER PLACES TO GET IDEAS:

<https://www.youthsporttrust.org/primary-pe-activities>



YOGA

WELLBEING ACTIVITIES TO TRY:

Did you know yoga is great for mental health as well as physical health?

Find a quiet warm place to perform the following:

Sit quietly and breathe slowly in through your nose and out through your mouth. Put your hands on your tummy so you can feel it moving in and out as you breathe in and out.

Try the positions opposite. Can you hold your balance for 3 seconds or longer?

Find out the names of the positions you are practising.

Can you find out other positions to practise?

OTHER PLACES TO GET IDEAS: CLICK ON THE LINK

<https://www.youtube.com/user/CosmicKidsYoga>



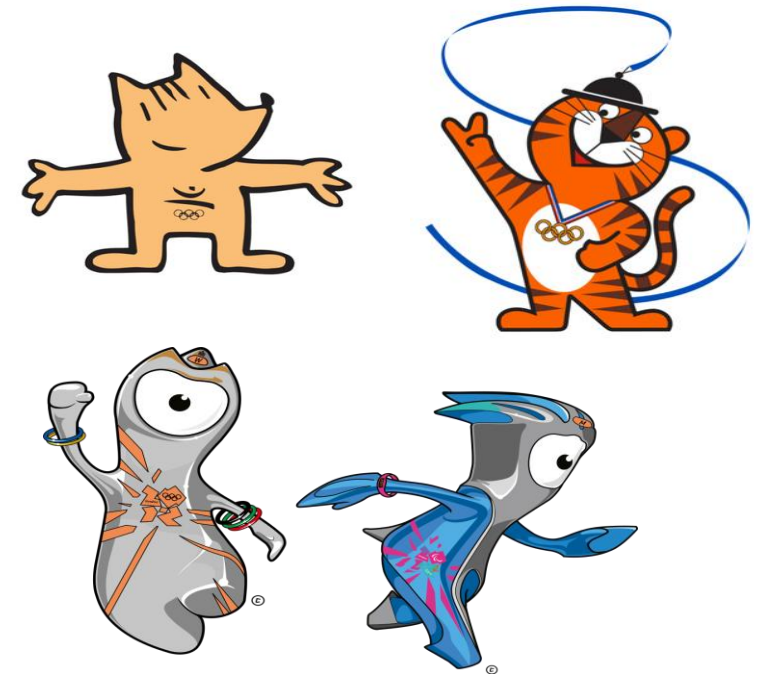
MASCOT DESIGN

WELLBEING ACTIVITIES TO TRY:

- Design your own school sport mascot or a School Games Mascot.
- A mascot design is a character (animal, object or person) designed to represent common identity and values.
- Examples of Olympic Games mascots are shown on the right of this page.

OTHER PLACES TO GET IDEAS:

- <https://www.olympic.org/mascots>



NAME OF MASCOT:

MINDFULNESS COLOURING

WELLBEING ACTIVITIES TO TRY:

- Mindful colouring is paying attention in the present moment. It provides a break and the chance to relax and refocus, lift your mood and decrease anxiety and stress.
- Colouring also helps to develop fine motor skills (building muscles in your fingers, hand and wrist). Essential for writing, but also helps with some sports.

★ OTHER PLACES TO GET IDEAS:

- <https://www.crayola.com/featured/free-coloring-pages/>
- <https://lol.disney.com/games/coloring-pages>



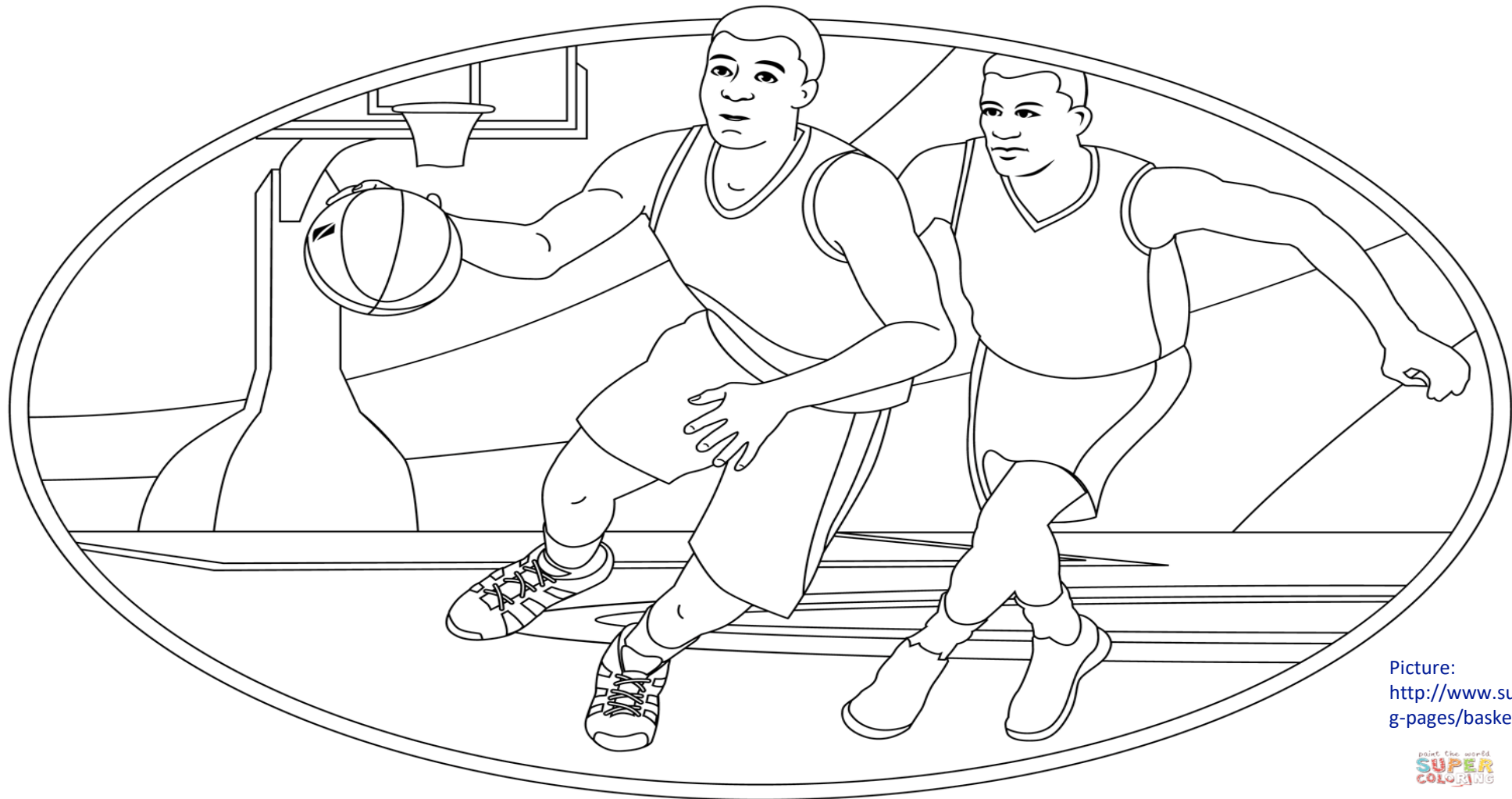


Picture:
<https://www.crayola.com/free-coloring-pages/print/running-coloring-page/>



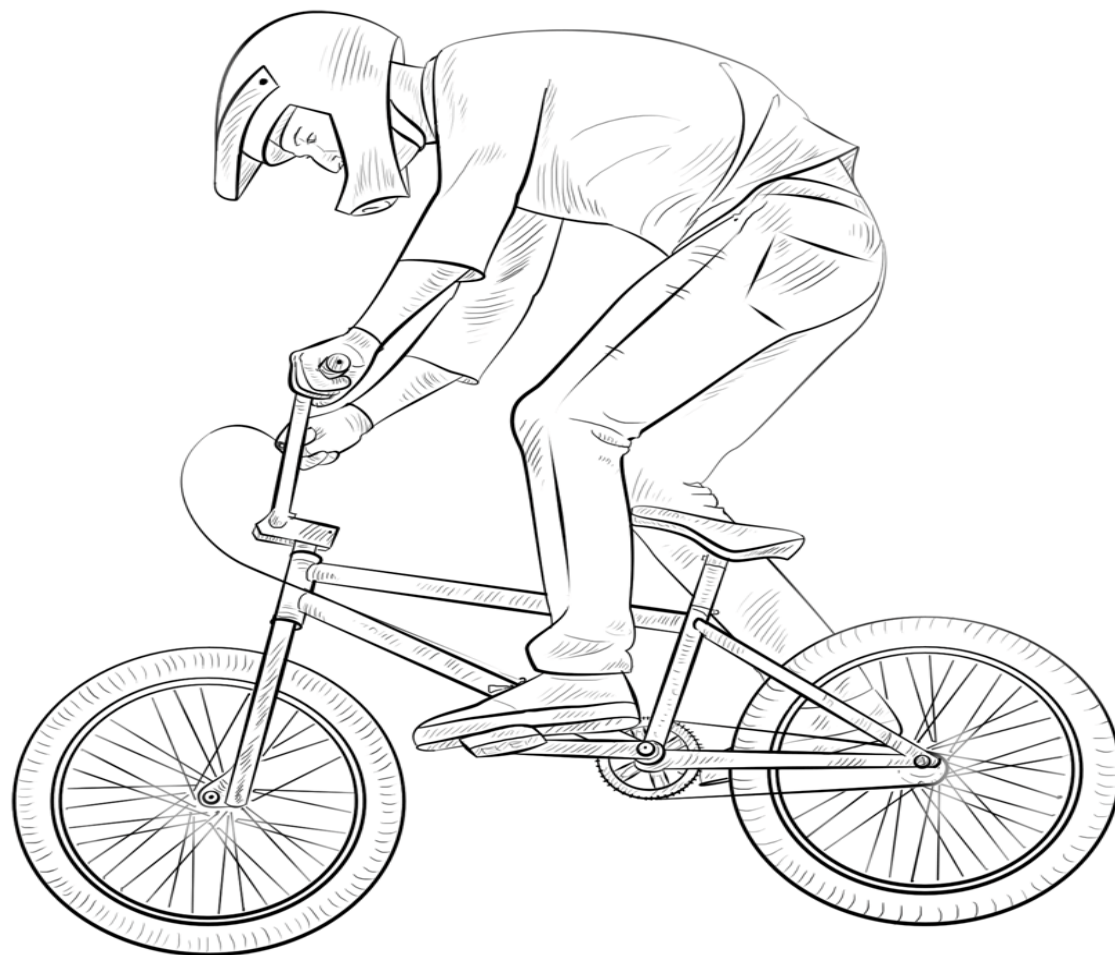
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SCHOOL GAMES NETWORK





Picture:
<http://www.supercoloring.com/coloring-pages/basketball-1>





Picture:
<http://www.supercoloring.com/coloring-pages/bmx-biker>



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SCHOOL GAMES NETWORK



