

Mental Health Week

7th-13th February 2022



It's Children's Mental Health Week! This year the theme is **Growing Together** so here at Move More, we have put together loads of **FREEBIE** resources and giveaways on our website. Each day we will be focusing on one of the 5 ways of wellbeing:



www.move-more.org/mental-health-2022



Visit us online and/or follow us on social media to get exclusive access to all of the below:

- FREE PARENT WEBINAR (details below)
- How To Spot The Signs of Depression / Anxiety
- Daily Wellbeing Challenges
- Kids & Sports - 5 Ways To Foster A Growth Mindset
- Useful Video Resources For Kids
- Move More Family Fakeaway Challenges
- Colouring Competition
- Win a free day at Bishops Cleeve Move More Activity Camp For You And A Friend!
- Children's Mental Health Statistics



FREE Parents Webinar! **BOOK ONLINE!**

During this live Q&A session, Marijana, our Family Engagement Support Lead will happily discuss:



- Managing your child's worries, anxiety, anger, tantrums and meltdowns, jealousy;
- Advising you on fussy eating, better sleeping habits, using physical activity and food to improve general well-being;
- How to support your children's wellbeing during significant life changes such as starting school or preschool, moving home or school, arrival of a sibling, parental separation or similar.



FREE ACTIVITY DAY CAMP FOR YOU AND A FRIEND

*visit the webpage for more info