



**FEBRUARY  
HALF TERM**



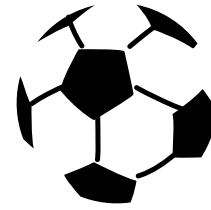
Nene  
Education  
Trust

# **ACTIVITIES**

**Being present** in your child's life

*Raising Aspirations - Developing Character - Positive Environment*

# MENTAL HEALTH IN CHILDREN AND ADULTS



## MENTAL HEALTH IN CHILDREN AND ADULTS

Recently, children at Manor School were able to have the experience of a lifetime. To mark Children's Mental Health Week, England football captain and Bayern Munich's star player Harry Kane video called in from Munich to answer questions and discuss mental health.

His charity, the Harry Kane Foundation and children's mental health charity Bounce Forward have partnered to deliver Bounce Forward Physical Resilience lessons around the country, which teach children about the link between physical and mental health.

At Nene Education Trust, we take our young people's mental health very seriously and we try to model positive mental health practices ourselves too. Here are some practices that are important for people of all ages when managing their mental health:

### HARNESS POSITIVE EMOTIONS

Positive emotions aren't just nice feelings, recognising what makes them happen for you is an important way of dealing with any negative emotions that may arise. For example, recognising what helps make you calm will help to alleviate stressful feelings.

## ENCOURAGE EMPATHY

Reaching out to others and fostering a mutual openness is essential in any relationship, so it's extra important to teach those behaviours for children. Reaching out and showing care will increase personal happiness too.

## FAIL WELL

We all experience setbacks from time to time, but it's how we respond to them that can have a huge impact on our mental health. It's important to show children productive and constructive approaches to failure, so they can see how to respond to challenges in their own lives.

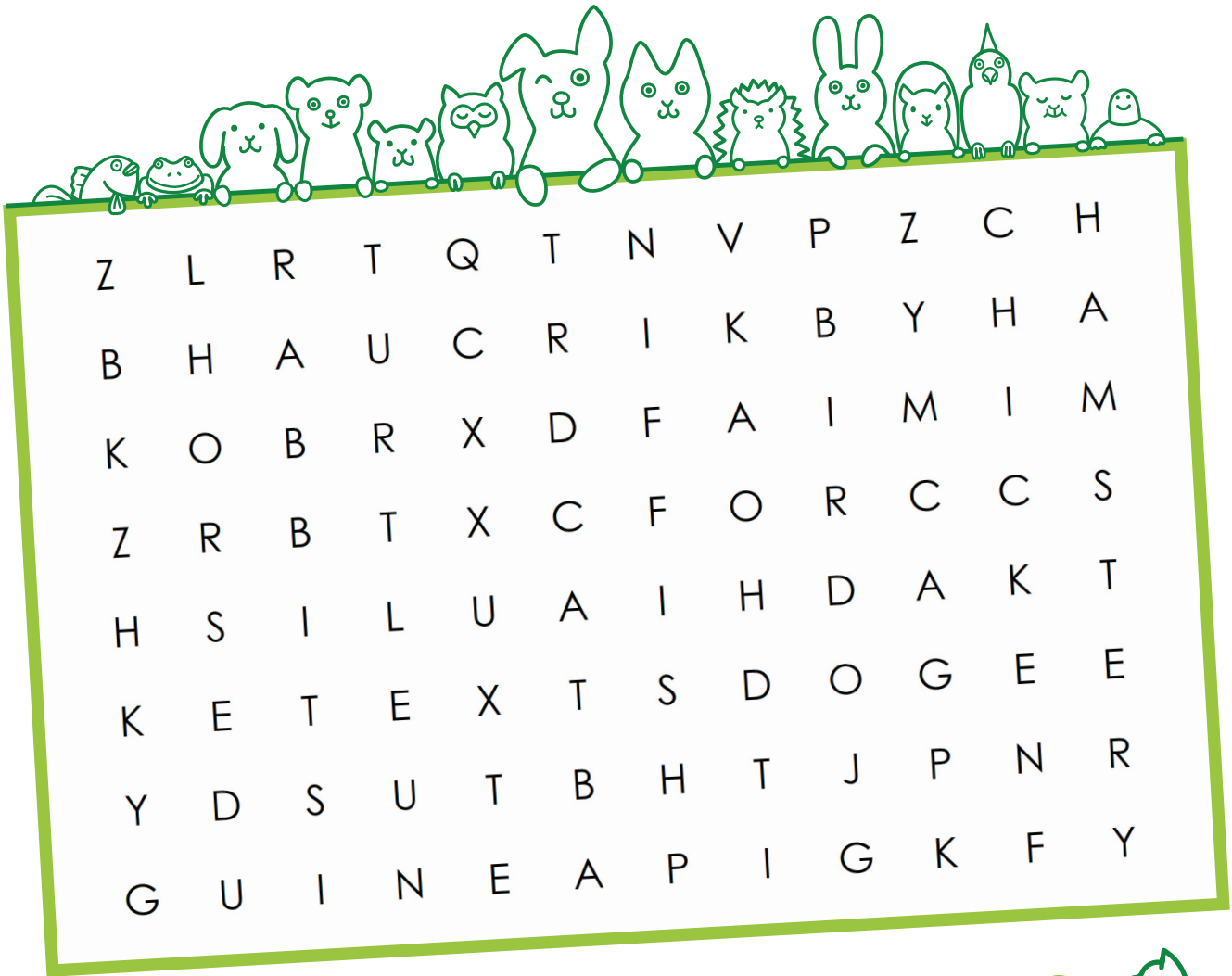
## RESILIENCE IS MORE THAN JUST KEEPING GOING

While we might associate resilience with drive to keep going no matter what, it can be a lot more complicated than that. Skills like knowing your limits, when to seek help, and what to do when challenges arise are all about of being resilient long term and avoiding burn out.

To learn more about mental health for both children and adults, visit [bounceforward.com](https://bounceforward.com)



# FIND THE PETS

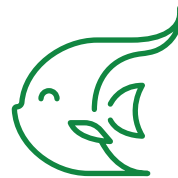


**FIND THE FOLLOWING WORDS  
IN THE PUZZLE:**



**BIRD  
CAT  
CHICKEN  
DOG  
FISH**

**GUINEA PIG  
HAMSTER  
HORSE  
RABBITS  
TURTLE**



**ANSWERS**

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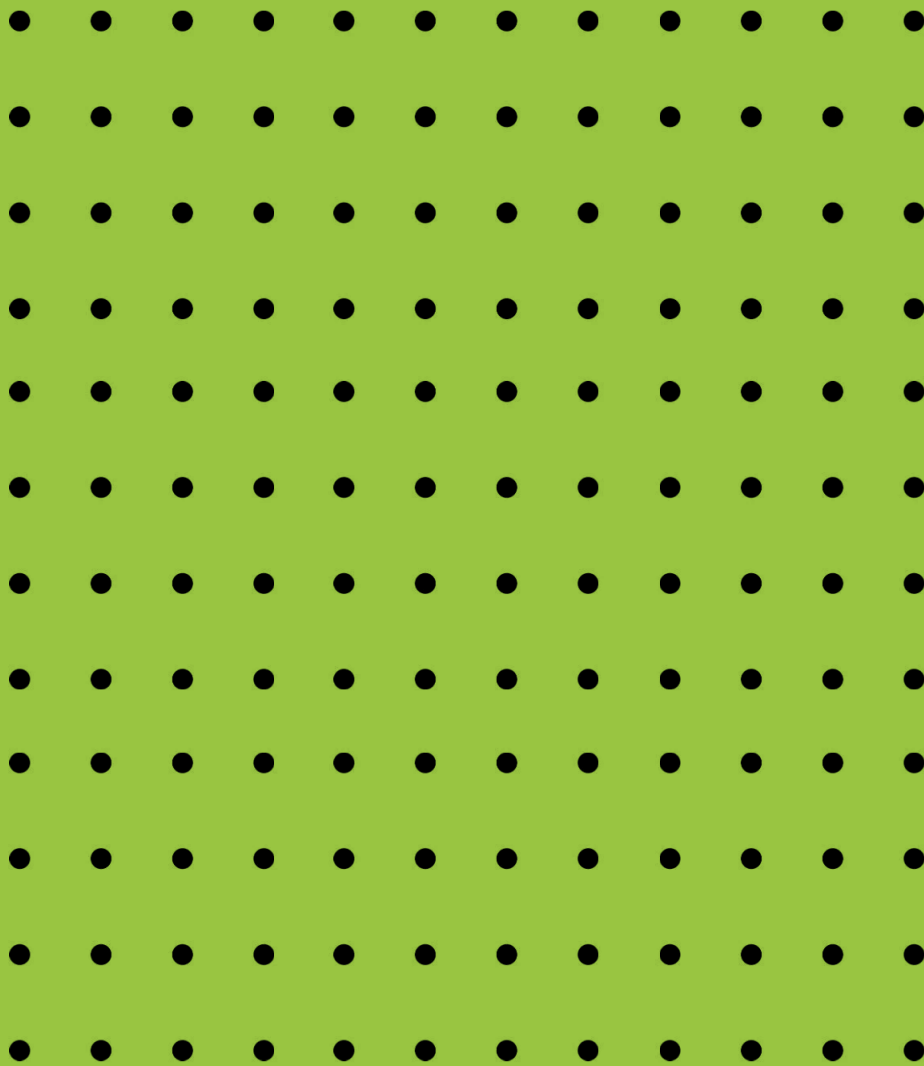
# GAME IDEA

## DOTS AND BOXES



### How to play

1. Dots and Boxes is a simple game for 2 players. The objective is to strategically connect dots on a grid by taking turns to draw horizontal or vertical lines, aiming to create boxes.
2. When someone draws the fourth line to finish a box, they mark it, earn a point, and take another turn.
3. Once all the dots are connected, whoever captured the most boxes at the end of the game wins.



**Player 1**

**Player 2**

# DAYS IN BUILD A FORT



1. To create your cosy fort, gather materials including chairs, blankets, pillows, and sheets from around the house. Arrange the chairs in a square or rectangular shape to form the corners of your fort, ensuring they're stable. Drape the sheet over the chairs to create the roof. Leave one side open for the entrance and fill the interior with pillows and blankets for comfort. Consider adding fairy lights or stuffed animals.
2. Once complete, your fort can serve as a secret lair, a grand castle, a dark cave, or simply a cosy spot to relax and unwind, perfect for movie nights, board games, or quiet reading sessions. Let your imagination run wild and enjoy your newfound hideaway!

Create some delicious

## CHOCOLATE BROWNIES

### Ingredients

- 100g butter, chopped
- 200g dark chocolate, chopped
- 4 eggs
- 250g golden caster sugar
- 100g plain flour
- 1 tsp baking powder
- 30g cocoa



### BROWNIE VARIATIONS

- 100g white or milk chocolate chunks, chopped
- 100g hazelnuts, toasted, roughly chopped
- 100g pecans, toasted, roughly chopped
- baby marshmallows, 2 handfuls

### Step 1

Heat the oven to 180C/fan 160C/gas 4.

### Step 2

Line a 22cm square brownie tin with baking parchment. Melt the butter and chocolate together in a microwave or in a bowl set over a pan of simmering water. Cool to room temperature.

### Step 3

Whisk the eggs and sugar together until the mixture is light and fluffy.

### Step 4

Fold the chocolate mixture into the egg mixture and sift on the flour, baking powder and cocoa.

### Step 5

Fold this in to give a fudgy batter.

### Step 6

(To ramp it up, add 100g chopped white or milk chocolate chunks OR 100g toasted, roughly chopped hazelnuts or pecans OR 2 handfuls of baby marshmallows.)

### Step 7

Bake for 25-30 minutes or until the top is cracked but the middle just set. Cool completely, then lift out of the tin and cut.

# GLUE OR DRAW

a picture in the frame and  
colour it in to show what  
you've been up to when  
your back to school.

