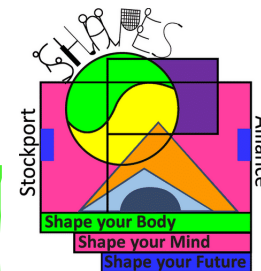
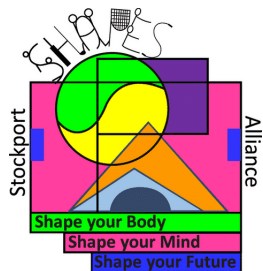


# CHILDREN'S MENTAL HEALTH WEEK 2021

## SHAPES CHALLENGE



'FACE A CHALLENGE' THIS WEEK BY TAKING PART IN THE SHAPES BALANCING CHALLENGE.

- You will need a beanbag or a rolled pair of socks & a timer.
  - You can work by yourself, with a friend or family member.
  - Your challenge is to balance your beanbag or socks on your foot, knee, elbow, shoulder, back, chest.
- KS1 pupils 10+ seconds  
LKS2 pupils 20 + seconds  
UKS2 pupils 40 + seconds
- Create a record card to record your times and show your progress.
  - Each day, 'Face the Challenge' with a positive mindset.
  - Read the statement of encouragement & try to improve on the day before.
  - What else can you balance on parts of your body? Can you walk/run/wheel whilst balancing items on body parts? Challenge yourselves! Check out our videos on [@StockportSHAPES](#) on twitter/insta!
- THINK POSITIVE; YES I CAN!



### February 1st

The brilliant thing about a challenge is that it is new & exciting.

### February 2nd

We are rarely great at something the first time we try.

### February 3rd

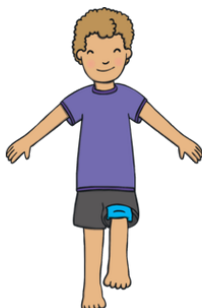
Be patient with yourself today & give yourself time to practise to improve.

### February 4th

If you haven't been successful yet that's ok – don't be afraid to get things wrong before you get them right.

### February 5th

Don't compare your ability to others. We all have different strengths & weaknesses.



### February 6th

Effort is more important than achievement. Be proud of any progress you have made, no matter how small..

### February 7th

Think to yourself 'I feel proud of myself after giving this a go. Others feel proud of me & that feels good.'



At the end of the week, share your thoughts on these 3 questions with a friend or family member.

1. How did you feel when you faced the challenge?
2. How did it turn out for you?
3. How did you feel after the challenge was over?

