

Monday Motivation



Date: 18 May 2020

Theme of the week:

National Children's Day / Mental Health Week

- **World Children's Day** was first established in 1954 creating awareness among **children worldwide**, and improving **children's** welfare
- Arts and crafts, making and playing - They're all massively important and we would like to encourage that creativity and imagination!!
- **Mental Health Awareness** The theme is **KINDNESS & this includes kindness to yourself!**

Action

Exercise 1

Part A:

- Go on a nature hunt, collecting any materials you can that would be good for creating a piece of art (bright green leaves, flowers, little stones, grass etc)

Part B:

- Using glue, Sellotape or whatever else you have to hand create a piece of art that best represents how you feel in this moment. In addition to the materials collected you can of course use any colouring pencils, pens, paint etc. Anything that you have to hand!

Part C:

- We would love to show off your pieces of art. Submit your pieces to: sarahdaniels@ymcachelmsford.org.uk so we can share your talent on our social media & website
- If you can add a written paragraph to explain your piece that would be awesome 😊

Exercise 2

We all know how important exercise is when it comes to looking after your body & your mental health. It is a way of being kind to yourself, as well as improving your mood & self-esteem. So here is your challenge for this week:

- Create a 7 Day Exercise Program for you and the other members of your household. 30 mins per day. Everyday!

- You are the 'Personal Trainer' this week so you are responsible for making sure everybody completes their mission
- Exercises can include popular workouts like running, walking, cycling, dance or less obvious ones like gardening, cleaning, or obstacle courses indoors or outdoors. By yourself or as a family!

Make sure whatever it is that it is FUN!!! 😊

Outcome / Mission Moments:

- What have you learnt about yourself this week?
- How do you feel after exercise vs before exercise?
- What makes you happy?
- What goals would I like to set myself moving forward?