



St Joseph's R.C. Primary School
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 Head Teacher: Mrs L Ashton
 Chair of Governors: Mrs L Tullet





1st February 2021

Dear Parent/Carer,

This week is Children's Mental Health Week as well as National Story Telling Week so we thought that it would be a lovely idea to ask children to build their own reading den. It would be great if you could take a picture of them reading a book in their reading den and share it with their class teacher so that we can see how amazing your reading dens are! I have also created a grid of activities which focus on keeping your mind healthy this week. You can do as little or as many as you wish, at any time that you choose. Remember to keep smiling everyone.

Mrs Hoggarth

<p>Put on your favourite music and sing your favourite song!</p> 	<p>Draw or paint your emotions. What colour is the emotion that you are feeling today? Talk to someone in your house about it.</p>	<p>As a family, design outfits that express who you are individually.</p>
<p>Dress up in your favourite outfit!</p>	<p>Create (draw or build) a place that you'd like to visit.</p> 	<p>Draw a picture of yourself and write on it the things that you like about yourself.</p>