

MINI MOMENTS AT HOME

CHILDREN'S MENTAL
HEALTH WEEK

9TH - 15TH FEBRUARY 2026



Monday

Mindfulness

Go on a mindful walk: how many colours can you spot?

Tuesday

Breathing

Before bed, complete 5 minutes of box breathing (inhale 4s → hold 4s → exhale 4s → hold 4s).

Wednesday

Words of Kindness

Say one positive thing to yourself in the mirror.

Thursday

Movement

Stretch together for one minute. Make silly shapes.

Friday

Words of Kindness

Share something you are proud of about each other.

This week, we're inviting families to take a few minutes each day to slow down and enjoy a mindful moment together.

These simple, 5-minute activities are designed to help everyone pause, notice what's around them and reconnect in the middle of busy days.



Healthy Schools
North Northamptonshire

