

# MINI MOMENTS AT HOME

CHILDREN'S MENTAL  
HEALTH WEEK  
9TH - 15TH FEBRUARY 2026



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.

## 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.



Healthy Schools

North Northamptonshire

