



## MHST Monthly Round up - June 2022

Contact us: [MHSTNorth@spft.nhs.uk](mailto:MHSTNorth@spft.nhs.uk)

### *Hello Summer!*

As we say hello to summer on the 21<sup>st</sup> June, it is a perfect opportunity to enjoy the warmer weather and the longer days by getting outside and being active. Exercising outside is a great way to make you feel good on the inside!

You could:

- Walk, cycle or scooter your way to school
- Play a sport outside like football, tennis or basketball
- Go for a walk in nature
- Have fun at a playpark

Can you think of any other ways to exercise outside?



Remember, if you are feeling sad or need someone to talk to, you can ask your teachers to get in contact with your Mental Health Support Team:

[MHSTNorth@spft.nhs.uk](mailto:MHSTNorth@spft.nhs.uk)

*A reminder of what the MHST can support you with:*

Sleep difficulties   Anxiety   Worry   Phobias   Panic  
Low Mood   OCD   Single Event Trauma

### **National Bike Week 6-12<sup>th</sup> June 2022**

Bike Week is all about you and your local community! It's a chance to come together and tell the UK that cycling is the answer to many questions- how can I help myself, my community and my planet?

- Try riding your bike to school every day during bike week
- Cycle to the park with friends or family for a picnic
- Set up a bike wash and get all the family's bikes clean for a family ride
- Go on a cycling scavenger hunt using the sheet on page 2

Let's talk about sleep!  
Are you getting enough?

Good sleep can make you feel:

- happy
- healthy
- energetic
- creative

Not enough Sleep can make you feel:

- sad
- angry
- tired
- unwell



Can you work out how many hours of sleep you get at night? Do you need to go to bed earlier?

# Activities

## Scavenger hunt

Tick off how many of these you see when you are out cycling.



<input type="checkbox"/> <b>Lady Bird</b>	<input type="checkbox"/> <b>lake or Pond</b>	<input type="checkbox"/> <b>Butterfly</b>	<input type="checkbox"/> <b>Brown Leaf</b>	<input type="checkbox"/> <b>Bird</b>
<input type="checkbox"/> <b>Post Box</b>	<input type="checkbox"/> <b>Flower</b>	<input type="checkbox"/> <b>Snail</b>	<input type="checkbox"/> <b>Pinecone</b>	<input type="checkbox"/> <b>Cloud</b>
<input type="checkbox"/> <b>Feather</b>	<input type="checkbox"/> <b>Ants</b>	<input type="checkbox"/> <b>Tree Stump</b>	<input type="checkbox"/> <b>Spider Web</b>	<input type="checkbox"/> <b>Bee</b>
<input type="checkbox"/> <b>Worm</b>	<input type="checkbox"/> <b>Union Jack</b>	<input type="checkbox"/> <b>Acorn</b>	<input type="checkbox"/> <b>Another Bicycle</b>	<input type="checkbox"/> <b>Cobweb</b>

**we are  
cycling  
UK**

**Bikeweek**  
6-12 June 2022



### The Five Ways to Wellbeing



### June Dates

- 1<sup>st</sup> June - National Say Something Nice Day
- 2<sup>nd</sup> - 3<sup>rd</sup> June - Queen's Jubilee Bank Holiday
- 5<sup>th</sup> June - World Environment Day
- 6<sup>th</sup> - 12<sup>th</sup> June - Bike Week
- 19<sup>th</sup> June - Father's Day
- 20<sup>th</sup> June - World Refugee Day
- 20<sup>th</sup> - 26<sup>th</sup> June - MENCAP learning disability week
- 20<sup>th</sup> - 30<sup>th</sup> June - World Wellbeing Week
- 21<sup>st</sup> June - Summer begins
- 23<sup>rd</sup> June - National Writing Day

ChildLine- Call 08001111 9am- Midnight Everyday - Free telephone support for children to discuss any concerns or worries.

Shout— text SHOUT to 85258 - 24/7 Free and Confidential TEXT service for anyone in a crisis.

Kooth - <https://www.kooth.com/> - 24/7 online counselling