

Mental Health Week - Post-lockdown wishes

This week is Children's Mental Health Week and in these unprecedented times, it is more important than ever to look after our mental health.

Lockdown won't last forever and your challenge today is to create a wish box for all the things you are looking forward to doing when we get back to normality.

On the website you will find the net of a cube. It is yours to decorate and build; then you get to fill it with all the things you are looking forward to. If you would rather use another container that you have made or found at home, you can; but don't forget to decorate it!

