

# Spring into Action Toolkit



## Children's Mental Health Week 7<sup>th</sup>-13<sup>th</sup> February 2022

Dear Parents/Carers,

Next week is Children's Mental Health Week. This year's theme is **Growing Together** and so children and adults will be encouraged to consider how they have grown and how they can help others to grow. A fantastic opportunity to spend time talking together is during the journey to and from school.

To help support and encourage active travel on the way to and from school, My Journey Hampshire will be providing My Journey Funsizes. These are small daily ideas for activities to do whilst travelling actively on the school run. They will be sent out daily and can easily be opened on any device. If you want to participate in the activities do not forget to allow the time on your active travel school run.

Alternatively, you can access them on the My Journey website, [Spring into Action Funsizes | My Journey Hampshire](#).

So take the stress out of the school runs, improve the congestion and pollution levels around the school gates and try some new activities to engage with each other and connect with our surroundings.

Have fun together trying out My Journey Funsizes.

To find out the latest active travel news from My Journey Hampshire, like and follow our social media pages to receive updates

