

# Morning Starters: Summer 2 - Nature and Mental Health

## Word Challenge

Some words have other words hiding within them.


### Example:

The word 'mental' has the words 'me' and 'men' hiding within it.

The word 'health' has the words 'he' and 'heal' hiding within it.

**List the words hiding within each underlined word.**

## Grammar Challenge

Click text to edit 

**Write a sentence about a Japanese macaque that includes alliteration.**

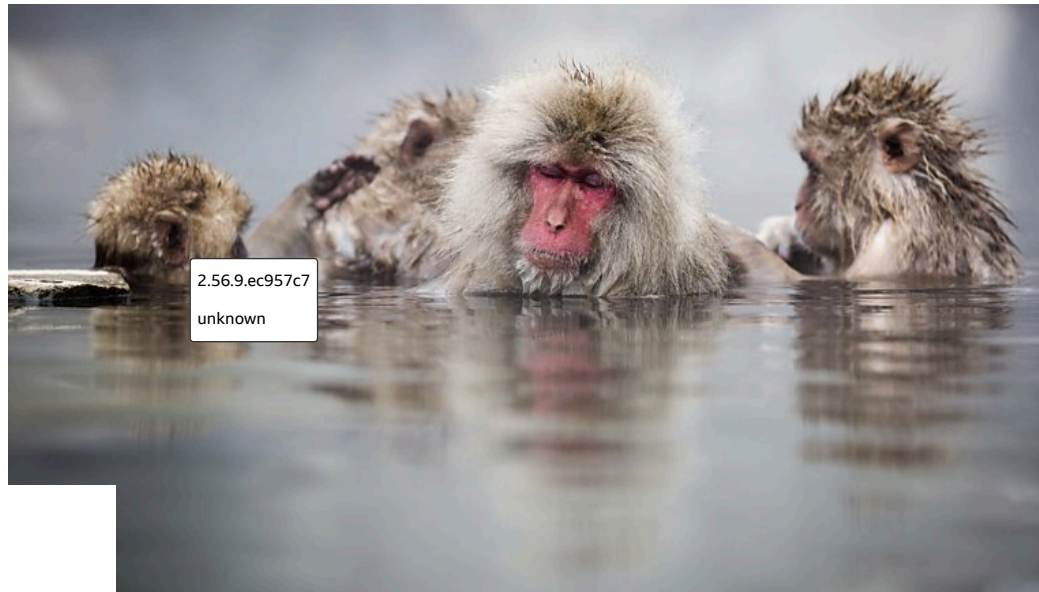
**Example:** The marvelous macaques merrily mingled in the misty mountain pools.

**Help:** Alliteration is the repetition of the same initial consonant sound in closely positioned words.

## Did You Know?

Humans aren't the only ones who know how to relax. In Japan, macaques spend time soaking in warm thermal pools, formulating their own version of a spa day! These intelligent primates use the opportunity to recharge their energy and reduce stress. We can learn a lot from their behaviour about rest and mindfulness. Taking time to slow down, like the macaques, is essential for our mental health too.

**Where in the world is Japan?** Click the 



Credit: BBC Four - Mindful Escapes: Breathe, Release, Restore

## Number Challenge

A Japanese macaque spends 25 minutes each day relaxing in a hot spring.

**How much time does the macaque spend in the spring in ...**

**1) One week?**

Answer: \_\_\_\_\_ hrs \_\_\_\_\_ mins

**2) The month of January?**

Answer: \_\_\_\_\_ hrs \_\_\_\_\_ mins

## Critical Thinking

**What are the most stressful times of your day?**

**What are some things you could do to feel less stressed during these times?**