

Children's Mental Health Week

This week, we have been very busy completing a range of activities to support our mental health. We listened to feel-good music, practised mindfulness colouring, tapping and breathing techniques, enjoyed a calming yoga session, made 'worry warriors' and friendship bracelets, and decorated stones with uplifting messages and pictures. These stones will be displayed around the school alongside those from other classes.

As this year's theme is 'Know Yourself, Grow Yourself,' we reflected on our strengths and set future goals. With support, we wrote these onto petal outlines and coloured them to create beautiful paper flowers.

