

Children's Mental Health Awareness Week

As part of children's mental health awareness week, Year 6 completed some activities to help us keep our minds healthy. We spent some time discussing what kinds of things we could do to achieve this. As a class, we went out onto the field to lie down and watch the clouds. We discussed how this is a very calming activity and can help to lift our worries away. Later in the week, the children had a workshop with our schools mental health practitioner who explained 'five ways to wellbeing'. The children showed a fantastic understanding of the importance of a positive mental wellbeing. We followed up on this learning in Spring 2 during our Healthy Me unit from Jigsaw. We discussed all of the ways to keep ourselves physically and emotionally healthy.

