

Children's Mental Health Week



The theme for Children's Mental Health Week was "This is my place." We were focusing on belonging and making others feel like they belong.

We began the week by thinking about what belonging means and the feelings associated with it. Children shared their ideas and completed some creative tasks in their PSHE books.



Tuesday was Safer Internet Day and we celebrated this by learning about artificial intelligence (AI) and how we can use it appropriately. We thought about all of the things we need to do to keep us safe online and how we could avoid misuse of AI. Children were given some scenarios and they had to decide if there was a good use of AI or a misuse. They enjoyed thinking of different ways they could use AI to help them in their daily lives.

For the rest of the week, we focused on the five ways to well-being. We learned about each one and how it can help us to have a toolkit of strategies to use when we need them.

Five Ways To Well-Being

Connect

We thought about making a connection with other people and how we could do that. Examples included; smile at someone, ask someone how they are, encourage someone to join in and sharing. We made a human chain around the classroom to show a connection.

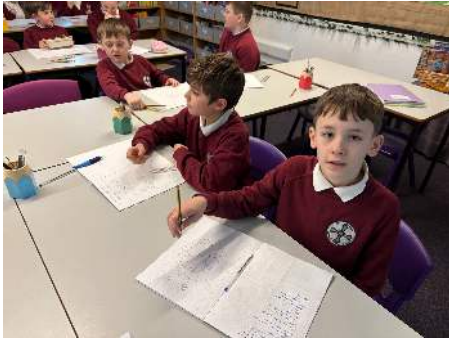
Get Active

We enjoyed some physical lessons such as Zumba, stretching, circuit training and a street dance workshop. The children enjoyed feeling their heart beat increase and having fun with their friends.



Take Notice

Unfortunately, the weather was rubbish but we were able to get some outside tasks done. Some children enjoyed some forest school activities while others visited the school allotment.



Keep Learning

We shared our talents with others and had a go at trying some new things to develop new skills. Year 6 made a general knowledge quiz for others to try and everyone learnt a new fact.

Give

One of the best things we could give each other is time. We spent some time chatting and playing and some of the older children gave up their time to share stories with their buddies.



One of the things we discussed across the school was ensuring children knew who their trusted adults are both at home and at school. Children shared ideas and everyone could name two trusted adults they could speak to. This helps us to feel like we belong by being accepted and safe.

We will be holding a Mental Health and Well-Being drop in session for parents in March. Please watch out for more details as we would like as many grown-ups as possible to attend.