



World Mental Health Day 2024

We celebrated World Mental Health day in House Groups. Children were encouraged to discuss what mental health is and why it is important to discuss it.

We watched a video about how some children chose to express their feelings and giving us suggestions about how we can improve our own and other people's mental health.



Our task was to come up with some ways they we can help to improve our own mental health. We thought about what helps us to calm down if we feel angry, what helps us to feel happy when we feel sad and what helps us to relax when we feel stressed. This is a great way to get children talking and sharing coping strategies.



Our next task was to discuss ways that we could improve our mental health at school. There were lots of suggestions. These included things

like a dedicated calm space, activities and games around understanding feelings and opportunities for mindful activities. These suggestions will help to inform our whole school Mental Health and Well-Being action plan.

