

THURSDAY 10<sup>TH</sup> OCTOBER 2024

# World Mental Health Day

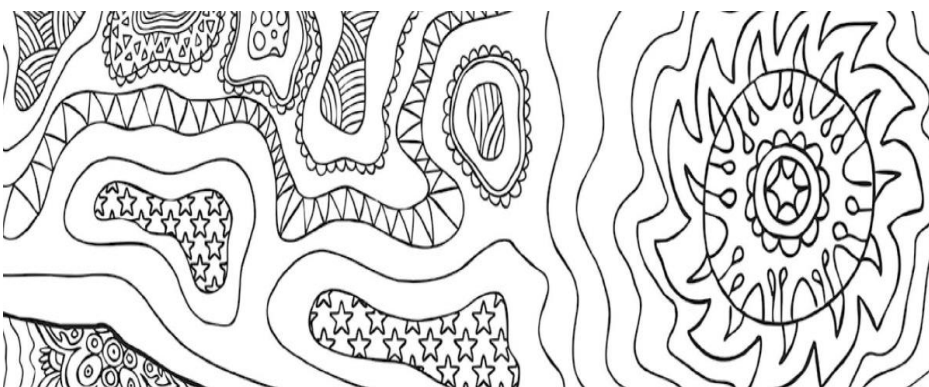
Your guide to feeling good.

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## Positive experiences and happy minds.

For this special edition of World Mental Health Day, the mental health ambassadors went around the school to ask children important questions about their feelings. World Mental Health Day helps us learn how to care for our minds, just like we take care of our bodies by eating well and playing. Talking about our feelings, being kind to ourselves, and asking for help are all great ways to keep our minds healthy. It's okay to have big feelings, and today reminds us to support each other!



### MINDFUL MOMENT: TRY THIS BREATHING EXERCISE

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#### FEELING STRESSED BEFORE A TEST OR AFTER A BUSY DAY?

Here's a simple breathing exercise to help calm your mind.

1. Sit down comfortably and close your eyes.
2. Breathe in slowly through your nose for four counts.
3. Hold your breath for four counts.
4. Breathe out slowly through your mouths for four counts.
5. Repeat this five times and notice how relaxed your feel.

# What is something that makes you happy or calm?

By Alfred (Y6) and Lacey (Y5)

We all have something that brings us joy or helps us feel peaceful, whether it's spending time with loved ones or playing a favourite game. What's something that makes you feel happy or calm? Here are what some children said:

- "I feel happy when I dance on the stage!" - Amelie, Year 3
- "I feel calm when I do colouring or reading." - Lola, Year 4
- "I feel happy when I spend time with my family." - Lily, Year 5
- "I feel calm when it is silent or when I am reading." - Harrison, Year 6

# What are you grateful for?

By Mollie (Y6) and Jack (Y5)

Gratitude is all about appreciating the good things in our lives. It could be your family, your friends, or even the sunny weather! What's something or someone you are thankful for?

- "I am grateful for my Lego model!" - Seb, Year 2
- "I am grateful for my friends!" - Millie, Year 3
- "I am grateful for my school." - Matilda, Year 4
- "I am grateful for the food we have" - Ezra, Year 5
- "I am grateful for our teacher." - Lottie, Year 6

# Positive experience

By Lacey (Y5) and Olivia (Y5)

The beginning of this school year has been full of new experiences and exciting moments. Maybe you learnt something that made you feel proud or made new friends.

- "I was scared because I did not know anyone but when I saw my friends and teacher, I was happy." - Roma, Year 2
- "I did not feel confident in English but Matilda helped me!" - Chloe, Year 4
- "I got 10/10 on difficult spellings." - Chloe, Year 5
- "We went on a fun school trip!" - Natalie, Year 6

# What's your favourite part of the school day and why?

By Kaitlyn (Y6)

Every school day has special moments that we look forward to, whether it is learning something new, playing with friends, or enjoying lunchtime.

- "Art because I like drawing and painting." - Remy, Year 3
- "DT because I like craft," - Evie, Year 4.
- "Maths because you get to learn new things." - Ada, Year 5

# Interview with teachers: What do you do to stay positive?

By Mollie (Y6) and Lacey (Y5)

- What do you do when you're feeling stressed or sad? Listening to gentle music and reading a book.
- How do you help students who might be feeling down? Ask them if they are okay and check in with them to try and solve the issue.
- What's something you like to do to relax after a long day at school? Spend time with my family and watch a movie.
- Can you share things that always make you happy? My family and going on a walk.



Asking for help is  
the first step. You  
are more precious  
to this world than  
you'll ever know.

*Lili Reinhart*

*Fierce*  
KINDNESS