



The children in *Fishermen Class* have had a lovely week enjoying activities to raise awareness of *Children's Mental Health*.

They were introduced to the '*Zones of Regulation*' during the whole school assembly. As part of this, the children learnt that all feelings are experiences by everyone. They learnt about the importance of self-regulation when managing feelings and that self-regulation is the ability to focus your attention, control your emotions and manage your thinking, behaviour and feelings.

In class, the children took part in daily relaxation sessions which included a range of breathing exercises. The children's favourites were '*butterfly breathing*' and '*Lion breathing*'!

The children also took some time out of our busy timetable to do....

Abstract art painting





Team 'paper bridge' building





Finally, we demonstrated our connections to other people by showing kindness in class by focusing on sharing and saying thank you to each other.

Well done Fishermen Class!