

FISHERMAN CLASS

WOW! REPORT

Mental Health Week 2024



Mindful Breathing

Each day we practised a mindful breathing technique that we can use to ground ourselves when things feel overwhelming. The class favourite is Butterfly Breathing, which can be seen in the photograph. We talked about times when we might need to use mindful breathing techniques and the children were encouraged to support each other in using them.

Art Work: What Matters To You?

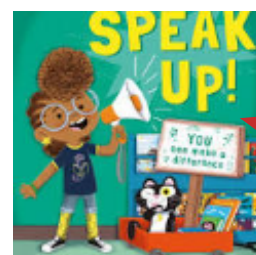


The theme for this years Mental Health Week was: *'Your Voice Matters.'* In this activity, children were encouraged to draw a swirl and write, draw or stick what matters to them within it. In the centre of the swirl they were asked to record the things that were the most important to them, and as the swirl widened they considered the things that were important in their communities and the wider world. These pictures will be added to a whole school display in school.

Board Games



We talked about the importance of connection to others to maintain our mental health. We played board games to encourage connection and team building within our class.



Our
class book