

# CHILDREN'S MENTAL HEALTH WEEK 2023



# NURSERY

For Mental Health week Nursery took part in Yoga,  
Made a stress ball and joined with Reception to  
Take part in some great Just Dance dances!



This year's *Let's connect* theme really inspired us and we spent the week considering the different ways that we can make meaningful connections with others. We connected with Nursery and did yoga and stress balls and we also connected with the rest of the school and decorated a piece of a puzzle.



# RECEPTION

We were very excited to take part in the special Taskmaster education challenge week and every day we had to do the different activities. On Monday we made THE BEST rainbow. Tuesday was 'Design a game' day. Wednesday was super fun day and we created self portraits with natural materials. We spent some time on a Thursday to choreograph a dance and Friday was 'Design a hat' day.



# RECEPTION



Follow the link to see our special dance :)

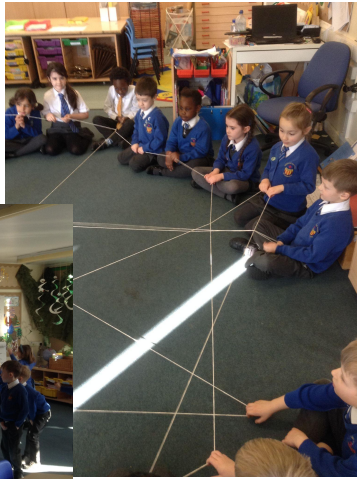
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It was a week to remember!



# RECEPTION

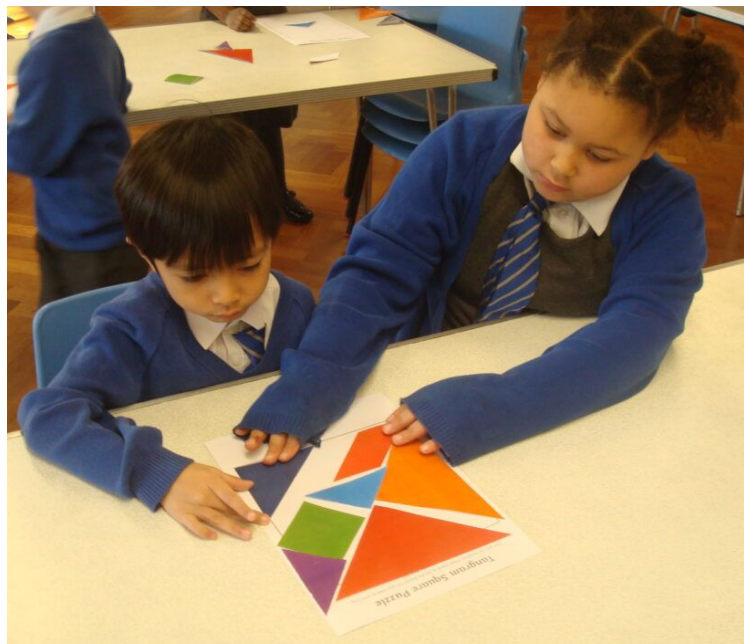
# YEAR 1



In Year 1 we have embraced Mental Health week; taking part in daily yoga, finding out how we connect safely on the internet, drawing our feelings and working alongside Year 2 to talk about how we can help ourselves when we feel too much. We have celebrated our diversity through our piece of the whole school jigsaw.



Singing together is fun.



Teamwork  
helps  
your  
wellbeing.

## YEAR 2

As part of this week's Mental Health Week, we have been thinking carefully about all the different things that we can do to maintain our wellbeing. We did some great activities as a class and some with our friends in Year 1.



Smile at someone. It'll make their day!

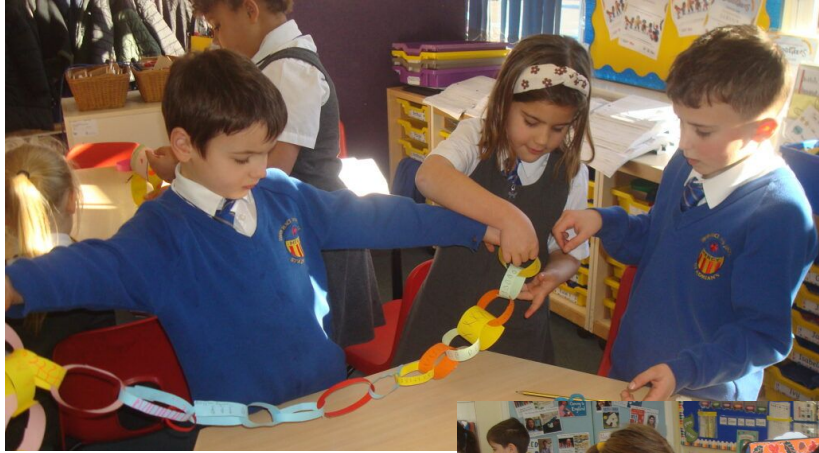


Planting seeds and watching them grow will help us to take notice of the world around us.

YEAR 2



We created paper chains on our own and then joined them together with children from our own table ...



YEAR 2

And then from the whole class!

LET'S GET CONNECTED

# YEAR 3

We created a path from the gates through the playground, representing a connection between school and home as the children enter through those gates daily. We decorated the path with positive quotes and drawings.



# YEAR 4

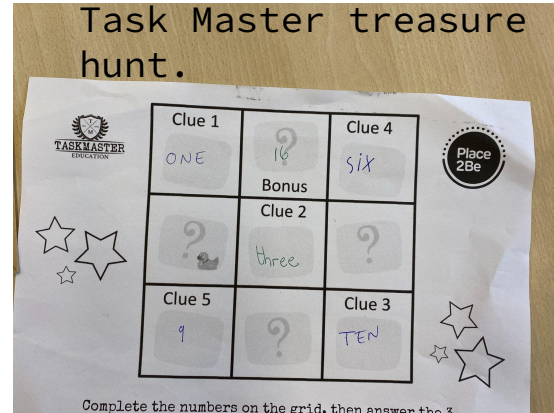


We stretched and breathed like super-heroes to the yoga bugs session.



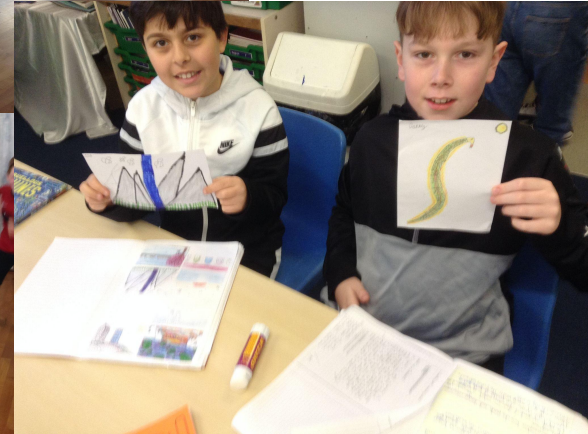
Making hats was a great activity to get immersed in. From one simple design, we made the hats our own..

Every day, we worked as a team, thinking laterally, to solve the clues in the Task Master treasure hunt.



# YEAR 5

As well as doing the Treasure Hunt, we in year 5 had some fun with Pelmanism, where we had to collaborate with others on our team and wrack our memories. We also enjoyed the various opportunities for artwork and devise and choreograph our own dances.

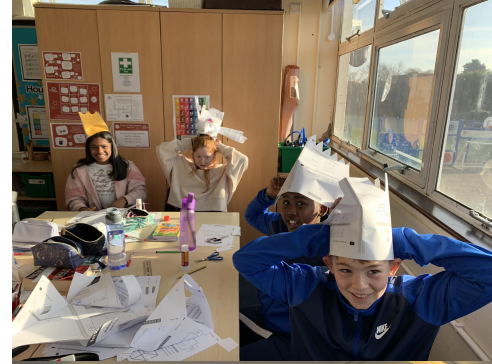


# YEAR 6

This week, Year 6 have enjoyed taking part in the Taskmaster Education Treasure Hunt. Each day, we have completed the challenges and solved the clues.

Friday's challenge was to make inspirational hats from our recycling. We recycled our SATs papers, which seems a very fitting use!

The children's designs, messages and help and support for each other is certainly inspirational.



# CAROUSEL OF ACTIVITIES

To explore good mental health on the internet, the children collaborated to create an A to Z of things they enjoy doing online. Then they thought about what it's like when things don't go so well and showed the emotions on a body outline with pictures and words. They then considered the obstacles to talking to an adult when they have an internet problem or worry and wrote them down. These became the obstacles on an obstacle course. Although it was tricky, the children completed all the obstacles on an obstacle course and could then put their worry in the basket at the end. This was to help the children understand that it's possible to overcome obstacles to communicating and that it's good to do so, so you can talk to someone, share your problems and solve them together

# MORRIS DANCING

Exercise is really important in maintaining our well-being. Not everyone enjoys sports or athletics, but there are plenty of other ways to get active and keep fit.

During our well-being week, children in key stage 2 learnt a simple Morris dance. We had fun, getting up and moving, and working together to dance Brome Heath.

Look out for Mr and Mrs Hayes dancing out around St Albans throughout the summer with St Albans Morris.





# GET CONNECTED

We ended the week by putting together our jigsaw pieces to create a wonderful whole school picture that has fingerprints from every child in school from Nursery to Year 6!



## WE ENDED THE DAY WITH AN ASSEMBLY AND A PRAYER

Thank you God that I can trust you to be my strength. Thank you for being with me, and helping me through this. I know that I can get through this, because you are the source of my strength. In Jesus' name,  
Amen.