World Mental Health Day

Friday 10th October is World Mental Health Day and to raise awareness of this important day all children took part in special mindfulness assemblies this week. The children spoke about identifying feelings and calming strategies such as deep breathing. We also spoke about how keeping our mind healthy is just as important as keeping our body healthy. Finally we shared some top tips for good mental health for all.

Be there for others

Say thank you

Care for animals

Lend a hand

Chat to a friend

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