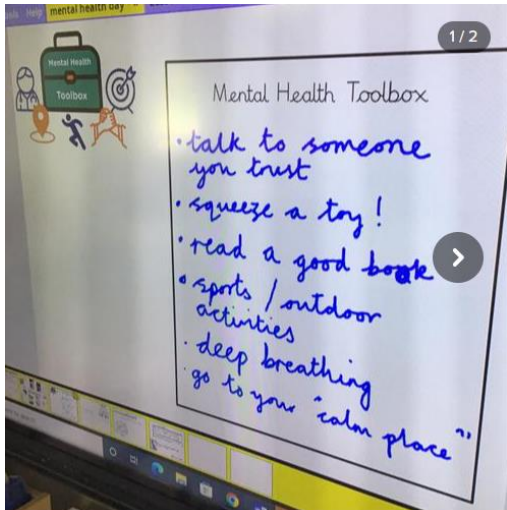


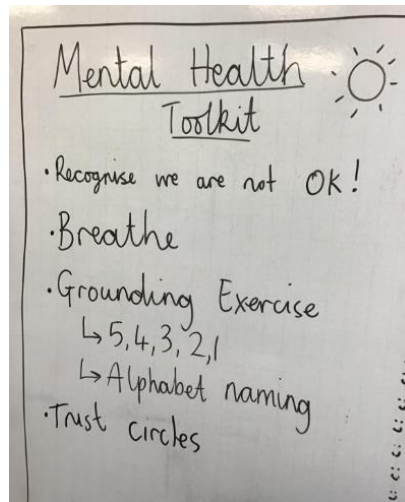
World Mental Health Day 2022



We supported World mental Health Day this year by wearing an item of green. Throughout the day each class developed a 'Mental Health Toolkit' which they will now be able to develop and use throughout the year. Classes explored how our brains respond to stress and some strategies that can help calm and soothe us.



We have been learning about mental health this afternoon and have started to create a class 'Mental Health Toolkit' 🙌



https://www.youtube.com/watch?v=zJqH_Ogxle0

Here is just a snippet of some of the many activities and discussions that happened throughout the day:

Mindful activities included exploring breathing techniques, listening to relaxing music and body scanning. Through body scanning the children were able to focus on each part of their body, thinking mindfully about their bodily sensations and relieving any tension as they go. Lots of discussions took place around neuro science and understanding what happens to the brain when we start to feel anxious or stressed. Teachers were able to talk about the fight or flight response with the children and explain that it arises in our primitive part of the brain, as a safety feature. When danger is perceived, the body readies itself to fight or flee. By using these mindful activities when we start to feel our emotions becoming stronger, we will quickly feel better and experience fewer and more manageable fight or flight responses.



Running through the alphabet thinking of food that starts with each letter, girls names, boys names, animals etc can also help children working in their brain stem because of the repetitive nature of the task. Another strategy that can be put in the toolkit.

ABCDEF GHIJKL MNOP
QRSTU VWXYZ

Trust Circles

Some classes explored the importance of being able to signal distress and ask for help. Through these discussions, the children found it comforting knowing that others experience the same emotions and can understand what they feel. Being able to have someone else's company and support when doing something hard can be so reassuring and spur you on to keep going and not give up. The children created Trust Circles to put in their class Mental Health Toolkits.

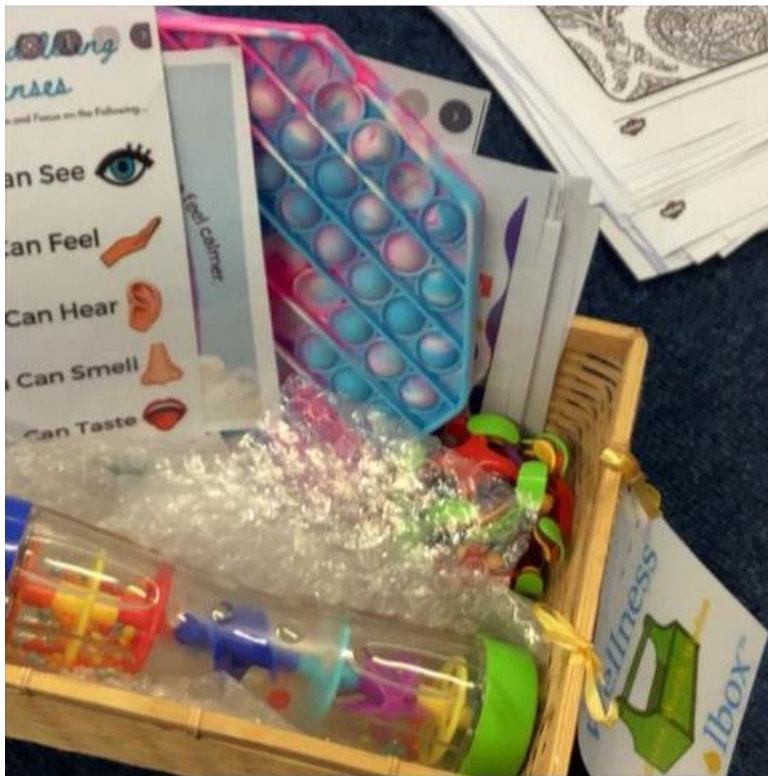


We have been discussing mental health this afternoon and have created our own circles of trust. We then created a toolbox of ideas that could help us when we feel stressed/worried/anxious/angry. This included...deep breathing exercises like rainbow breathing, finger breathing and star breathing. We then discussed some grounding exercises such as the alphabet thinking and using our senses.

The Power of Nature

The power of nature is well documented in terms of mental health and the teachers in the EYFS took the opportunity to head outside in the afternoon to explore the 5 grounding technique and add it to their class toolkits.





We have a wellness toolbox in our classroom for children to use.

'Primary schools have a vital role to play in supporting children's mental health – teaching them the skills they need to recognise and deal with their emotions, and helping those with difficulties get the support they need.' - The national organisation Mentally Healthy Schools

A child's mental health
is just as important as
their physical health
and deserves the same
quality of support.

Kate Middleton

BrainyQuote®