

Children's Mental Health Week

During Children's Mental Health week (3rd - 7th February) the theme was for students to explore the theme of **'Know Yourself, Grow Yourself.'**

In Woodpecker class we learnt the Breathing Rainbow technique to help us to be able to use a strategy when we are feeling stressed or anxious.

We also made worry dolls to take home with a poem about why a worry doll can be used to tell your worries to, with the aim of helping you let go of your worries before you go to sleep.

