

Mental Health Awareness Week

Connecting with nature

Monday 17th MAY – Friday 21st MAY 2021

At Vicarage we took part in Mental Health Awareness Week 2021 which encouraged children to connect with the theme, 'Nature' in a meaningful way. Nature is vital in keeping us emotionally, psychologically and physically healthy. Our relationship with nature – how much we notice, think about and appreciate our natural surroundings is a critical factor in supporting good mental health.

Teachers planned and delivered exciting activities including a mindful/sensory walk around the MUGA using the revamped tree house and a dress in 'Green day' on the Friday.

EYFS



EYFS enjoyed taking part in a meditation session and an assembly.

Key stage 1

In KS1, pupils enjoyed visiting the treehouse for a Sensory Walk. They loved how the treehouse was decorated and asked to stay in there instead of going back to class!

While in the treehouse, they observed and listened to nature around them such as: raindrops and the wind.



Pupils in 1S, listened to the story, The Twits by Roald Dahl. Story time somewhere new and different was very exciting for the pupils!



Pupils completed a range of breathing activities to become more environment around them.

Year 2 also thoroughly enjoyed going for a mindful walk in the MUGA, school garden area and the tree house whilst exploring and discovering nature around them.



Lower Key stage 2

Pupils in Years 3 and 4 learnt about feeling safe. They discussed and wrote about who they would go to if they had any issues, what could they do and where they feel safe. The activity involved drawing their own palm and writing about who and where they felt safe.



Upper Key stage 2

Pupils in year 5 and 6 learned about the strategies for good mental health. Pupils enjoyed taking part in various activities such as creating a class worry box, making a dice which gave tips on coping with stress and much more!



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Staff wellbeing

- 1) <https://www.nhs.uk/every-mind-matters/>
- 2) www.mentalhealth.org.uk
- 3) www.annfreud.org.uk