

2021-22 Wellbeing Review



In Y1, we have spent time looking after our mental health and wellbeing. Pupils have a greater understanding of emotions and how each feeling may present itself. We have focused on children friendly texts including The Colour Monster and Ruby's Worry. During these we have looked at how we might feel during each emotion and how we can help overcome that feeling. As a school we support many mantras within learning such as 'fight fire with water' and 'I love mistakes', in addition to these within year 1 we follow a range of Disney inspired mantras including 'Let it Go', 'Remember who you are' and 'Ohana'. This year's mental health week theme was 'Express yourself'. In school we encourage the children to find creative ways to express themselves and share feelings, thoughts, or ideas, through things like art, writing, music, dance and activities that they enjoy. Within class, activities include circle time games where we take time to get to know all members of the class by talking about our favourite things and playing games together.

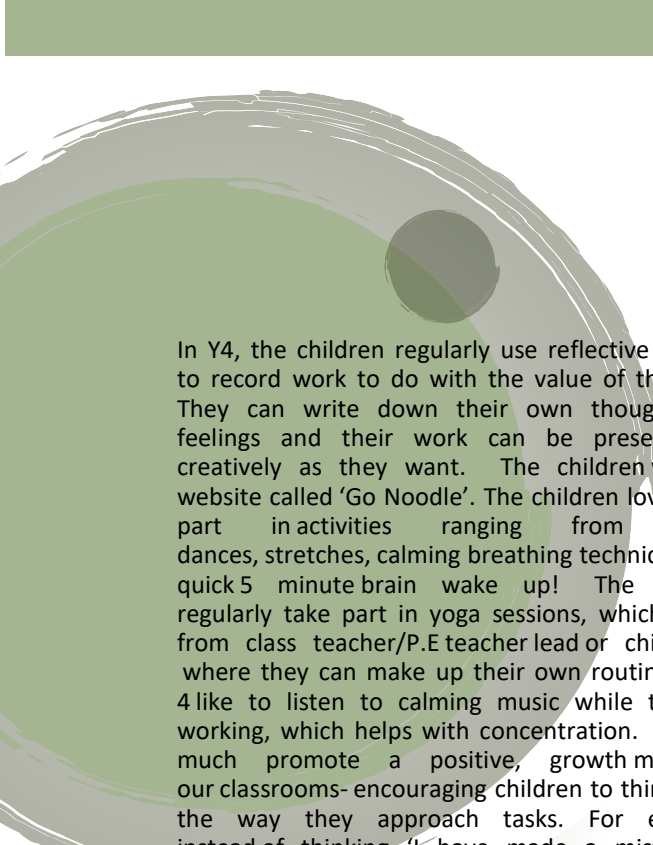
The children also enjoy mindfulness colouring, relaxing music and yoga techniques for breathing in the classroom. Children often have times during the day to complete child initiated activities with their friends to self-regulate and socialise. The children enjoy physical wellbeing including completing just dance, go noodle and the sheriffs challenge as an outlet.

In Reception, our daily wellbeing sessions are really important to us. We love to take some time every day to be calm. We have particularly enjoyed our calming dough time, where we listen to music or watch a quiet nature video; modelling animals and living things with our dough. We also love Yoga, and relaxing to quiet music. We have also enjoyed using our Mindfulness time to learn about emotions; we like to explore books or through watching short clips that we discuss in circle time.

In Y2, we have created time for rest and relaxation in our day allowing for our mental health and wellbeing to be cared for. We have practiced yoga in some PE slots and yoga breathing techniques in the classroom. We have looked at our lives and the world around us and reflected on this in our Reflective Journals where we have been able to express our thoughts and emotions freely.

In lessons, we have worked to a soundtrack of a variety of relaxing and/or uplifting music to aid concentration and when we need a break on rainy days we have used 'Go Noodle' to help us to expend some spare energy and loosen up our limbs. One of our favourite times of the day has been gathering as a class to listen to and follow the Year 2 shared reading book.

We have completed specific activities and circle time conversations linked to our superb wellbeing choice boards, encompassing both school and Trust values. The children have found ways to reflect and build upon their own wellbeing, looking at strengths and weaknesses and how to make personal changes that they may wish to make.



In Y4, the children regularly use reflective journals to record work to do with the value of the week. They can write down their own thoughts and feelings and their work can be presented as creatively as they want. The children watch a website called 'Go Noodle'. The children love taking part in activities ranging from guided dances, stretches, calming breathing techniques or a quick 5 minute brain wake up! The children regularly take part in yoga sessions, which ranges from class teacher/P.E teacher lead or child lead- where they can make up their own routine. Year 4 like to listen to calming music while they are working, which helps with concentration. We very much promote a positive, growth mindset in our classrooms- encouraging children to think about the way they approach tasks. For example, instead of thinking 'I have made a mistake' or 'This is too hard', we encourage the children to think 'mistakes help me learn' or 'this may take a bit of time and effort'. The children regularly take part in the Sheriff's challenge daily physical activity.

Throughout the year, the children keep a personal reflective journal. We use our reflective journals to help the children voice their feelings, concerns, achievements and thoughts about various topics around them- both personally and wider. We also use our journals for recording our outcomes and discussions from our SCARF lessons.

This year, the children have enjoyed designing various pages on our school values, showing their understanding of these. We have also used the journals to help them to reflect on What Went Well in our learning at various points of the year and we have encouraged the children to set personal goals for themselves.

Occasionally, we used beautifully illustrated picture books, such as Happy, My Strong Mind, The Wonder, The Proudest Blue, Be You! and Malala's Magic Pencil to focus on an element of mental health and wellbeing. This then allowed us to produce various fun outcomes, such as drawing a dream jar, writing our own magic pencil narratives and producing wonderful art displays to put out in the corridor.

Alongside our everyday wellbeing, children across the school have enjoyed two book projects. We explored Don't Worry, Be Happy and Big Panda, Tiny Dragon. These projects allowed the classes to explore discussion points and activities through the book illustrations or tasks. These covered a range of key elements around anxiety, growth, teamwork, resilience, bravery, mindfulness and kindness. All the children really enjoyed designing a new bedroom, our teamwork races and cloud spotting for mindfulness, just to name a few.

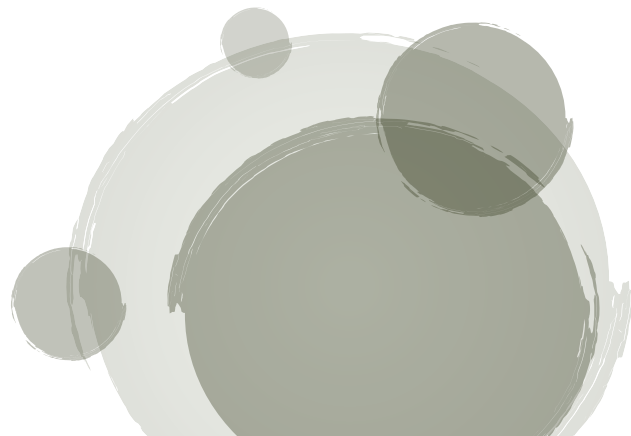
Alongside these, the children have also taken time to enjoy mindfulness scribbles and emojis to help provide a stimulus for our daily check in's. We have also taken time in the day to practise different breathing techniques, learn new yoga moves and learn dance routines from our wonderful and talented Mrs Ward.

In Y6, pupils have been given daily opportunities to reflect on their feelings. Through class discussion, focused tasks and relaxation time, they have been able to think about positive mental health and ways in which they can develop a growth mindset. We have used a range of books, music and short film clips to promote the importance of key values, such as equality, resilience, strength and compassion. We particularly enjoyed reading 'You are Awesome in the Summer term and reflected on what makes us unique and the benefits of embracing a positive growth mindset. Pupils have really enjoyed using their iPads to access apps such as Sketches School, allowing them to record mindfulness moments digitally.

We have also enjoyed taking part in several yoga sessions aimed at promoting relaxation and positive wellbeing. Along with 'virtual' dance sessions, pupils have experienced a number of activities to boost wellbeing and promote critical thinking and reflection.

In Y5, We do yoga lessons We do short bursts of mindfulness exercises to invigorate, de-stress, focus and relax. We use mindfulness colouring activities.

We listen to relaxing music, using our iPads and headphones. We go outside to read. We relax and read in the classroom. We run or walk round the field for exercise. We watch videos and listen to stories that promote wellbeing. We play class games and do circle activities. We have class discussions on wellbeing. We do personal, reflective tasks on wellbeing, often expressed through art. We have free choice on how we would like to spend Mindfulness time, including use of Sketches School and other creative apps on our iPads





w.w.w.

- Strong evidence of building understanding around feelings/emotions.
- Clear use of yoga, breathing techniques and mindful moments in all years.
- Whole school book projects enjoyed across the school.
- High use of reflective journals linked closely to wellbeing/mindfulness or our values.

E.B.I.

- Continue to explore the possibility of yoga delivered by an outside provider.
 - Begin to introduce our behavior mantras as part of having a growth mindset.
 - Provide alternative daily check in sheets - blob tree and emotions wheel.
- 