



Mental Health Awareness Week 2021

Have a look at what we got up to!



We spent some time walking barefoot outside, noticing how it feels.

"When I am stressed, nature helps me relax."

A parent shared this with us:
 "I 100% agree with nature helping whether it being the smell of fresh cut grass different colour flowers to focus on but for me rain plays a massive part for me. I feel it's easier to ground myself the cold air it's calming."



We tried some meditation and some yoga



Year 6 did some work around
an amazing poem called
'Scars'
[https://www.bwwmind.org.uk/scars-
a-mental-health-poem/](https://www.bwwmind.org.uk/scars-a-mental-health-poem/)

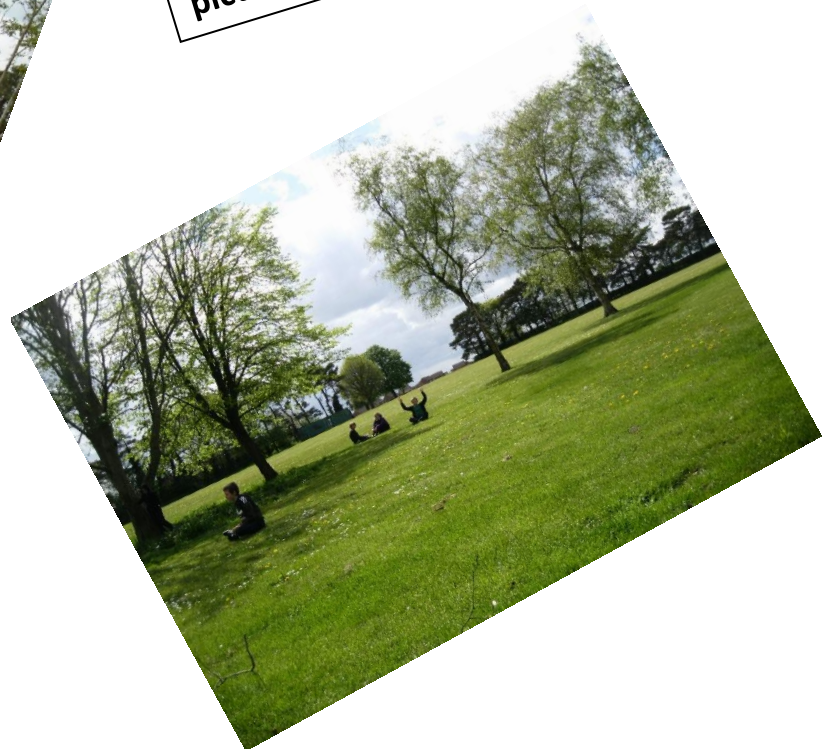
**"The poem helps us to show
how someone feels on the
inside and is a really clear
way of talking about mental
health."**



**A few classes made nature
pictures**



**Many of us spent some time
looking at the clouds**



**"I liked the pigeon pose
because it was really
calming"**

