

Mental Health and Wellbeing Week at Sullivan

10 October is World
Mental Health Day



Mental health problems can affect anyone, any day of the year, but the 10th October is a great day to show your support for better mental health and start looking after your own wellbeing.

Have a look at all the activities the children and staff took part in this week ...

Thank you to Miss Perez for organising the week.

Day	Staff	Children	Meditation
Vitamin C Monday 'Healthy Body, Healthy Mind'	A fruit bowl of fruit will be provided to boost our Vitamin C	Each child will be given a satsuma. Introduction to healthy mind.	'A safe place' Miss Allan Y6 9am Y1 11am
Time to Talk Tuesday Let's Talk!	You are invited to a tea tasting experience 3:40pm	Children will explore the importance of talking about how they are feeling.	'A safe place' Y5 9am Y2 9am
Wise Wednesday To learn something new	As a staff we will create an origami Creation together. 3:40-4:00pm	Children will make a origami creation	'A safe place' Y3 Hazel 9am
Thankful Thursday A time to reflect on our school community	Wear a yellow accessory. Adult catwalk and photoshoot.	Wear a yellow accessory and dress the adult in their class.	'A safe place' Y3 Chestnut 9am
Friday feeling How are you feeling?	Take time in the day to think about how you are feeling. Friday evening- show your skills at the parent and staff quiz.	Children are given time to think about how they are feeling.	'A safe place' Y4 9am