

### History

The pupils in this lesson learned about different types of mental health disorders. The change over time with new medications and treatments compared to the olden days. At the end of the session there was a short quiz to make sure the pupils were listening.



### Mental Health Day



### Music

Is music calming? That was the question for the music sessions. The pupils listened to 5 pieces of music, they then had to describe their emotions about listening to the set pieces. After this relaxing music played whilst the pupils created play-doh models.



### FACT.

"It is better to speak to an adult on how you are feeling, rather than bottling it all up"

"as one door closes another opens"

"Happiness can be found even in the darkest of places"

### Quotes:

"That pilchard stinks"- LC

"I love this art session"- MH

"Can you guess what this is"- MZ

## Art

A guest speaker came to talk to the pupils about her own experiences about coping with mental health. Rebecca Farr a local mandala artist, showed the pupils some of her own creations. The pupils then were given their own templates and created their own patterns and designs. Whilst the pupils were getting creative, calm and relaxing music was being played in the background. All of the pupils showed great interest in what Rebecca had to say and were a great credit to the school.



## Healthy Eating, Healthy Mind

Does eating healthy, have a positive or negative impact on mental health? Here the pupils learned about the different types of brain power food. Such as pilchards, bananas and seeds.



## PHSE

For this session, pupils listened to motivating music. After this they created their own vision board. Along with the saying "as one door closes another opens"

