

Wyre Class celebrated Children's Mental Health week by taking part in a range of mindfulness activities and talking about feelings and emotions.

We enjoyed the story of The Colour Monster and talked about what makes us feel happy or sad. We made cards for our friends around school and delivered them, and talked about what makes a good friend.

We explored the things and people that make us happy and cut out symbols and photos of these to make a "Happiness Hand".

In the afternoon we enjoyed a hand scrub, hand massage and some yoga and then chose our favourite essential oils to add to scented rice bags to take home.

