

Mental Health Awareness Week 2026

We had a week of fun activities to celebrate Mental Health Awareness Week at Hill House

We focused our activities around this year's theme which was "action." This was all about moving beyond awareness to taking practical, everyday steps to improve our mental health

On Monday we tried different foods that boost our neurochemicals in the brain such as lentils, cheese and dark chocolate. We also made affirmation flowers



On Tuesday we did something nice for others. Each class made cards to give to their friends and decorated biscuits to share at snack time. We then enjoyed a sensory story called "The Cautious Caterpillar" in the afternoon



Wednesday's activities were focused on movement and exercise with `Wake Up Shake Up` and Yoga



On Thursday it was “Wear it Green Day”, a national campaign to raise awareness for mental health. We did a green scavenger hunt and then a Food Explorers session where all the food and drink was green too!



To finish off the week we did a craft activity all about our qualities and strengths and then there was a disco in the Hall. This disco was very popular and was a big boost to everyone’s mental health and a perfect way to end our special week!



