

**Pupil Parliament**  
**Friday, 4th February**  
**Mental Health Week**

**KS1**

**What Wellbeing activities did you enjoy doing this week?**

Yoga, Mindfulness time after lunch, colouring.

**What Mindfulness activities did you enjoy doing this week?**

Breathing exercises and meditation; Art and colouring; Dancing and the daily mile.

**What did you learn about Mental Health and Wellbeing this week?**

Importance of a healthy, balanced diet; Exercising, recognizing how you feel.

**Do you think you will continue to practice any of the activities in your own time?**

Yes, to get better at it as it calms you down and relaxes your body.

Colouring and yoga exercises.

**What are the best approaches to tackling big problems in life?**

Ask someone at home or at school; tell an adult, ask someone for help; calm yourself using meditation or yoga.

**Respect and kindness are important in school. What can we all do to show others these things?**

Be kind and use good manners and kind words.

Listen to each other.

help each other.

**What clubs would you like to have in school?**

Gymnastics

Basketball

Cricket

Swimming

Karate

Piano

Dancing

Ballet

Art

Guitar

Cooking

Science

Technology

Pet club

## **KS2**

### **What Wellbeing activities did you enjoy doing this week?**

Different breathing techniques (belly, finger, rainbow, square) to help calm us.

Drawing, colouring and doodling.

Meditation and yoga.

Reading and writing stories.

Baking and cooking.

Stretching, exercises, active lessons, gymnastics and playing sports.

Looked at our 'stress buckets' - identified different types of worries and how we can de-stress.

### **What Mindfulness activities did you enjoy doing this week?**

Different types of breathing to help calm us.

Listening to calming music when we are working.

Mindful drawing and colouring.

Being creative - baking, drawing and writing.

Team working activity in PSHE.

### **What did you learn about Mental Health and Wellbeing this week?**

It is important to look after ourselves and each other.

Mental health problems can affect anyone.

Learning to look after our mental health requires work and exercise.

Importance of drinking water and getting a good night's sleep.

Our emotions are like weather e.g. if you are happy you can imagine the weather being sunny.

Ways to calm myself - different breathing exercises, meditation, yoga, mindful drawing, being active, exercising and getting fresh air.

I learnt that drawing lets me express my inner emotions.

### **Do you think you will continue to practice any of the activities in your own time?**

Use relaxation techniques learnt - deep breathing, meditation, drawing.

It's good that the techniques don't require any resources and are easy to follow.

Keep our bodies healthy e.g. doing the daily mile.

### **What are the best approaches to tackling big problems in life?**

Take deep breaths/follow Zones of Regulation strategies. Mindfulness time.

Take a moment to breathe to enable your brain to get more oxygen to think more clearly.

Deal with it slowly. Try to solve the problem one step at a time.

If I was sad, I might write things down, then talk to someone about it.

Speak to someone - a trusted adult, a friend or family member.

Pets also are a big way to release stress.

Doing something that we like: drawing, exercising.

Remove yourself from the situation.

**Respect and kindness are important in school. What can we all do to show others these things?**

Be a good listener.

Help others when they feel sad, stressed, or hurt.

Be kind to others and the kindness might come back to you.

Be supportive, work as a team. Make sure people are included.

Treat your friends like family and how we would like to be treated.

If you make a new friend, don't forget your old ones.

Listening and trying your best is a good way to show respect.

Asking how someone is and using manners makes people feel happy - even just a smile can brighten someone's day.

We can hold the door open and say please and thank you.

Don't just think about yourself - be considerate.

**All classes should have a 'Worries Box'. What is this and how do you use it?**

If you have a worry, you can write it on a post-it note and put it in the box. This is helpful for the teachers to be able to see who is upset without having to do it in front of everyone.

To put your worries in. To share concerns/feelings when you do not feel able to do so directly with a member of staff.

Our worry monster is called Fletcher. If you have a worry, you write down the worry on paper and put it in his mouth. If you don't feel comfortable saying it to someone, we write it down to speak to someone about it. This means we don't have to always say the worry out loud. If it is an anonymous worry then the teacher deals with it with the whole class, but if it is private, they come and speak to us about it to see how they can help.

**What clubs would you like to have in school?**

Football (for years other than 4 and 5), dodgeball, basketball, gymnastics, cricket, hockey, swimming, multi-sports, karate, rounders, tennis, netball, table tennis, rugby, boxing.

Fun and (outdoor) games, chess, art & craft, baking/cooking, cheerleading, ballet, dance, drama, mental health, meditation, origami, friendship, trading, pets, litter picking.

Homework/tutoring, reading, writing, maths, STEM, computer, Forest school.