



Children's mental health week – Year 1 Swallows

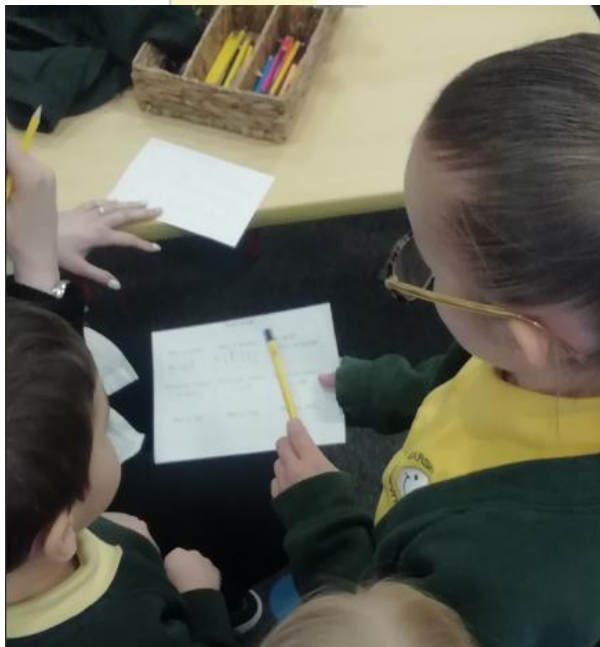
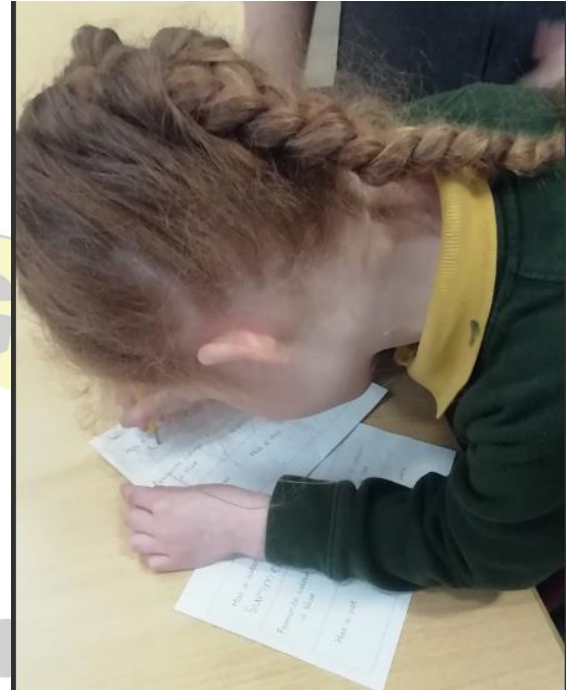
This week we have been learning all about the importance of mental health and how to 'know yourself to grow yourself'.



**Achieve, Believe & Celebrate**  
"I will be the best that I can be"



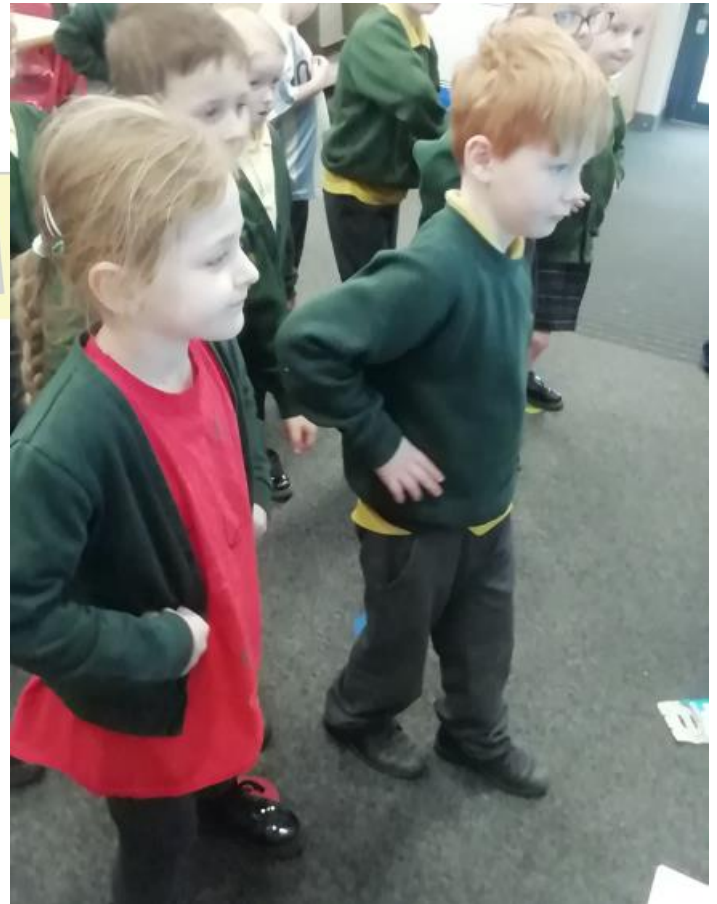
**Connect** – we played a game of friend bingo. We went around the classroom and found friends with certain characteristics. We learnt so much about each other!



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"I will be the best that I can be"



**Keep learning** – we had lots of fun learning a brand new dance! It was tricky, but we didn't give up!





**Take notice** – we played some relaxing music and did some mindful colouring.

