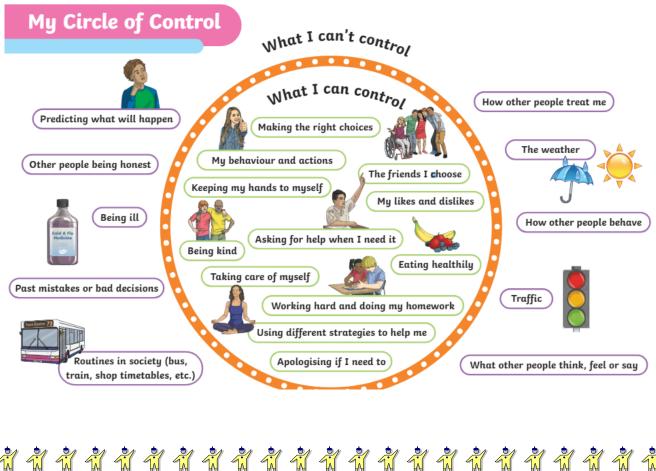


Updates from the Wellbeing Warriors:

Each class has a worry box in their classroom. A worry box is a simple way to help children recognise and cope with their worries/anxieties. We have designed new slips. Below is an example of the slip:

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Elo Elo	My worry	
ೇಲೇ ಲೇ ಲೇ:	Name:	
ೇಶೇಶೇಶೇಶ	I am worried about / because	
ಲೇ ಶೇ ಶೇ ಶೈ		
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ೇಲೇ ಶೇ ಶೇ ಶೇ ಶೇ	🥺 💽 👀 🔯 👀	2

Wellbeing Warriors discussed things that we can and can't control and how these things can affect us. These have been shared with each class. Here are some examples: 

Wellbeing Warriors also looked at ways of managing stress. Here are some of the ways:



MindMate Lessons:

This half term our MindMate focus has been around 'Being the same, Being different.

Year 1 - Celebrating differences: I know the people in my class are all different

Year 2 - Beginning to understand empathy: I understand my friend might have different feelings to me.

Year 3 - Differing opinions: I accept that my friends and I might have different opinions

Year 4 - Know actions affect themselves & others: I know that discrimination can hurt people's feelings

Year 5 - Stigma: I know what stereotyping is

Year 6 - Body image /social media: I can talk & listen in difficult discussions