



## Mental Health and Well-being

🌀 Alliance - Mental Health & Well-being ☆

The children really enjoyed their visit from Alliance Psychological Services.

We had a KS1 and KS2 assembly, where we discussed different ways we can look after our mental health and improve our well-being.

Our children are such an inspiration. They openly talked about ways they look after one another and how they look after themselves. We adults can learn a lot from our children. They certainly showed our virtues of compassion, resilience and respect for one another ♡



🌀 Mental Health Matters 🌀

Alliance are currently working with our Reception children about emotions. The children were encouraged to speak about ways in which they can 'blow away' and dispose of negative thoughts.

We were impressed with how our younger children were able to articulate and express their emotions.

