

Children's Mental Health Week – The Activity at St Margaret's

This morning, we were celebrating Children's Mental Health Week with Year 5 and 6 Children from St Margaret's and the Wellbeing Team at St Mary's.

We started off in House, to get ready to go up to St Margaret's. When we arrived, we were sorted into groups. Some groups went to go and do a Treasure Hunt, while others did different activities to do with wellbeing. My group started off doing a Maths Challenge. We had 10 people in our group in total including four MIV students and six Year 5 students. They were quite quiet at first, but soon got very excited. In the Maths Challenge, we had to draw shapes on the tables with masking tape, and the Year 5s filled them in with the right numbers. After this, we did some yoga which was very relaxing and calming. Then we went to go and do some crafts. We were given blank mini photo frames, and got given stickers, gems and sparkly things to decorate them with. Finally, we went to do a team building activity. The St Margaret's children chose a leader, and they were all blindfolded. None of them were allowed to talk except for the leader. We gave them a shape to create out of string on the floor. Firstly, we told them to make a square which they managed with ease (finishing it in only 10 seconds!) so we gave them a harder challenge of a square inside another square.

Once we were all ready, the groups swapped activities, so we could do the Treasure Hunt. Our first checkpoint was at the benches by the School Shop where we were blowing bubbles to practice long, deep breaths. The clue for our next checkpoint was an anagram, and it sent us to the Health Centre. There, we were given a sheet with a rainbow on it and had to write as many different things of different colours we could see. The Year 5s really enjoyed this activity, and they were running around and pointing out lots of items. To figure out the next clue, we had to decipher a code in runes which led us to the swings. There we did a 5-4-3-2-1 activity to help centre ourselves. It was five things we could see, four things we could hear, three things we could touch, two things we could smell and one thing we could taste. Once we were finished, we went over to the Reception and wrote about what we are grateful for. For our final stop, we went to the Rachel Tennis Court by St Prisca's where we did some fun stretches and then went up to the forest school. There, we wrote one thing to do with well-being and mindfulness. We took the papers back over to St Margaret's and tied them to a tree with ribbons.

I greatly enjoyed this activity and thank the Wellbeing practitioners and the children and teachers of St Margaret's. We learnt lots about wellbeing.

Emy, MIV