

Children's Mental Health Week

On the first day of Academic Enrichment Week, MIV students went over to St Margaret's to celebrate Children's Mental Health Week and for a wonderful experience of leading Year 5 and 6 students through a variety of fun activities including a treasure hunt, math challenge, yoga and craft sessions.

Our group, with four MIVs and six St Margaret's students started with the exciting treasure hunt. We hunted all around school for the clues and check points, guiding students to do activities such as exercise, blowing bubbles, and drawing out their 'calm place'. It was great fun working together, not only with each other but also with the students from St Margaret's.

After the long journey of moving around, we stepped into St Margaret's main school and started with indoor activities. We begin with the math challenge, involving completing the 'Magic square' using the numbers 1-8. With the cooperation of the Year 5 and 6 students, the activity was done quickly and swiftly.

We then moved on to the decorating of a mosaic photo frame. The children used their incredible creative skills to design their own photo frame using different materials.

After another collaboration activity we then did yoga with the children.

Throughout the session, MIVs experienced a leader role and the St. Margaret's embarked on activities involving skills like mindfulness, physical activities, craft, and team work.

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