

Today, we went over to St Margaret's to guide some Year 5 and 6 pupils through fun activities for Children's Mental Health and Wellbeing Week. This activity helped both us and the St Margaret's pupils to improve and learn about leadership skills. We had activities like art, a maths challenge, team building skills, yoga and a treasure hunt.

For Art, the Year 5 and 6s decorated Picture Frames with sparkly stickers and other decorations.

During the Team Building activity, we led the Year 5 and 6s to try and create different shapes with a string and with everyone blindfolded. The challenge was that there would be one leader and only that person could talk and lead their group to finish the task.

For the Maths Challenge, we led the Year 5 and 6s on two challenges which required a lot of focus and participation from all team members. This activity made the students excited to finish and complete the challenges.

During the yoga activity, a member of the Wellbeing Team at St Mary's led a relaxing session of yoga for us and the Year 5 and 6s, with a little twist of fun and adventure. The St Margaret's children were having lots of fun learning new actions and yoga poses. This activity taught the students how to relax and calm down, but also have fun at the same time.

For the treasure hunt exercise, we all had fun solving riddles and clues to find objects while around the campus. This exercise was great for developing leadership and team building skills for solving problems together.

Overall, we all had great fun, and these activities have not only improved their leadership and team building skills, but also ours. This activity has benefited us and the St Margaret's children and we have had some great feedback. We hope to promote Mental Health and Wellbeing during this special week and other times as well.

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