

Tuesday 11th July – Wellbeing Day.
Colonel Considerate – To give



In Year 1 we began our day by thinking about how we could ‘give’ to others. We talked about how we could give our time, we could give to charity, we could give our thanks and we could give a smile. We played a game where we passed the smile around the circle. We then thought about Colonel Considerate and how he encourages us to give. We each stood up and gave a friend a compliment. These small acts of kindness made us feel good! We also shared a hug. We talked about how this made us feel loved, happy and valued. We all left our circle with huge smiles on our faces. We then decorated some wellbeing biscuits. We gave one to someone else and enjoyed one ourselves. We had a great day!

Year 3 enjoyed our ‘Wellbeing Day’ on Tuesday of this week. We talked about what made us feel happy and made our very own happiness flowers to look at when we need cheering up. It was amazing the different things that make us feel happy ! From new socks, to clean bedsheets, Haribos & even walks in the rain!



Year 4

Wellbeing day - 'To Give'.



As part of the wellbeing day, 'To Give', Year 4 were given a range of stickers. The stickers said things like, 'your smile cheers me up' and 'I am very proud of you'. Each child was given 3 stickers that they had to give to somebody, either in the class or on the yard. Year 4 also wrote a nice message on a post it note to give to the person sitting next to them, to make them smile. We also looked at the zones of regulation and worked in groups to understand the size of problems.

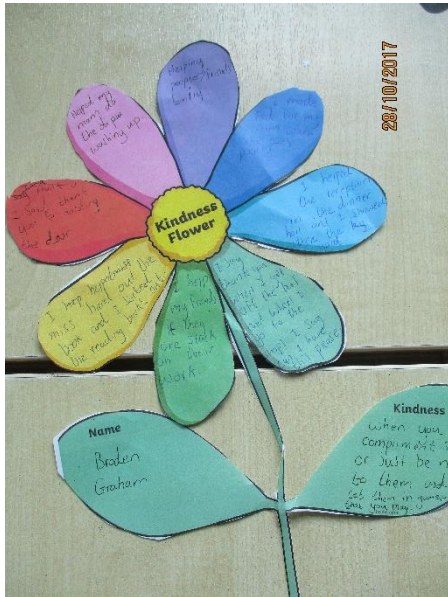
Our stickers 'to give'.



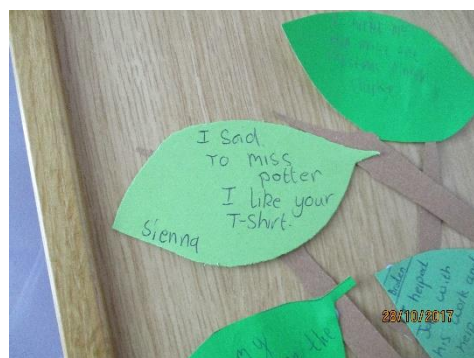
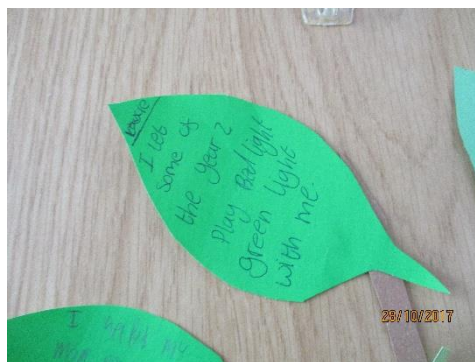
Year Five

Colonel Considerate Wellbeing Day

During the 2nd wellbeing day year 5 watched the story Kindness is My Superpower and then complete a kindness flower with all the things they have done to be kind and considerate.



Throughout the day the children were encouraged to play kindness bingo and to give everyone in the class/school a kindness comment. They then went on to make a kindness tree.



For this week's well-being day, year 6 made some lovely compliments cards. Everyone chose a card at random to keep. They certainly made us smile. We also created kindness trees with the small acts of kindness we would try to do over the next few months. As well as this, we created a huge chain of kindness which stretched all the way down the top corridor!

