



Fullwood Primary School News Report

Thursday 10th October 2024

World Mental Health Day

Mrs Harman PSHE lead

We recently celebrated World Mental Health Day by wearing yellow, a colour that symbolises hope and positivity. It was a wonderful opportunity to raise awareness about the importance of mental health, not just for adults but also for children. Mental well-being is essential for a healthy, happy life, and it's never too early to start nurturing good habits.



As part of the celebration, the children engaged in mindfulness activities, including mindfulness colouring and a guided meditation session. These activities help them practise focus, relaxation, and emotional regulation—skills that are crucial for managing stress and building resilience. Taking a moment to pause and be present helps children develop healthy coping mechanisms they can use throughout their lives.