Wellbeing Update

April 2025

Northwick Park Primary & Nursery Academy

Children's Mental Health Week

During the month of February, we participated in Children's Mental Health Week. Every year group enjoyed completing a variety of wellbeing activities throughout the week. These activities provided the children with additional time to reflect upon their wellbeing and mental health. The children and staff also had the opportunity to express themselves through their choice of clothing for 'Dress to Express'.

Reception

We explored our feelings through the Colour Monster Story and the children are becoming more confident expressing how they feel. We also enjoyed listening to guided meditation stories on YouTube as a method of relaxation.

Year 1

We talked about how our voice matters, how by talking to someone about things that are worrying us can help and make things better. We also completed some mindful colourings and a wellbeing activity sheet.

Year 2

We talked about positive thinking and things you could say to yourself to make you feel better during times of sadness. We also created our very own worry dolls so we have someone to share our feelings with.

Year 3

We enjoyed discussing Children's Mental Health Week and we had interesting and meaningful conversations around feelings and our emotions. We made our own little squishy characters and completed some mindfulness colourings.

Year 4

We discussed the importance of acknowledging our feelings and being able to share with others. We also designed and created "Calm Me Jars" which the children thoroughly enjoyed making.

Year 5

We talked about managing our own emotions and how everyone's voice matters. The children made their very own emoji squishy toys to help them when they feel stressed.

Year 6

We enjoyed the opportunity to unwind our minds with some games and by completing mindfulness colourings. We also thought about expressing our emotions in different ways. We created a piece of art work to display our creativity in reflecting the things that are important to us and make us unique.