

Children's Mental Health Week 2024

LB

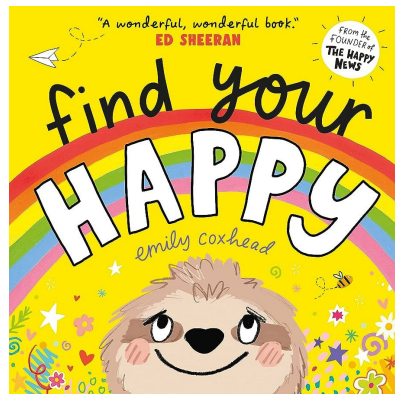
"When my mum buys me flowers I find my happy"

"Being with my mum and dad makes me find my happy"

"When I go to my nans and play with dinosaurs, I am happy"

"My friends make me find my happy all the time"

"When I feel sad, I hide and after a little bit, I find my happy"



"I'm happy when my mum hugs me"

"Singing and dancing always makes me find my happy"



"I drink some water and then I feel better"

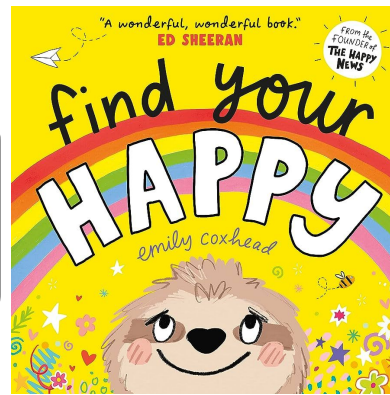
"I dream of unicorns when I am scared and I find my happy"

"When I feel sad I take 5 deep breaths and drink some water and then I feel green"

DF

"I am happy when I play with my friends"

"When I feel sad, I hide and after a little bit, I find my happy"



"I like ice cream and rainbows, they make me happy"

"Going swimming with my family makes me happy"

"Playing with daddy makes me find my happy"

"I love to hug my mum, it makes me happy"

"The sun makes me happy"

"When I go on my skateboard I am happy"

"My friends make me find my happy all the time"



"When I go to the beach I am happy"

1B

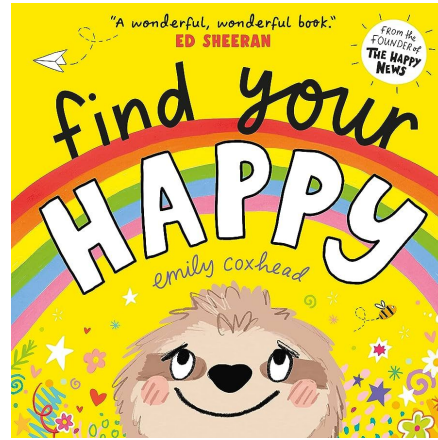
'Spiderman makes me happy' **Orik**

'I feel happy when I play football' **Matteo**

'I feel green when I play Fortnite' **Zuhaib**



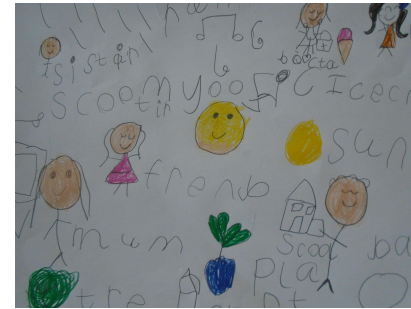
'I feel happy when I get to gold' **Alicia**



'When I play with my brother' **Gabriel**

'I'm happy when I see my brother' **Leando**

'I feel happy when I see my Grandma and Grandad' **Chloe**



'I feel happy when my friends help me and care for me' **Melis**





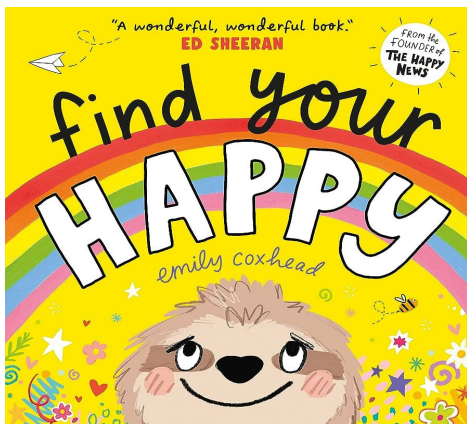
'The nature makes me happy because it makes me feel calm.'
Caspar

1J

'Playing football makes me happy because my friends are there.'
Aren



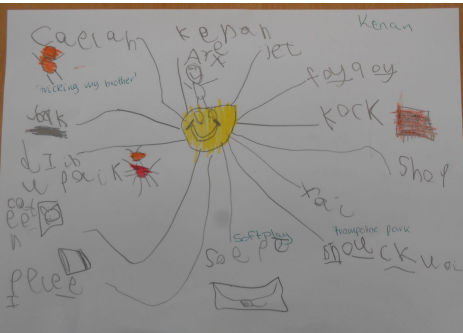
'My friends and clowns make me happy. Playing video games makes me feel crazy and happy.'
Kemal



'My family make me happy and roblox because it is fun to play.'
Eli

'Nature makes me happy because I like spiders.'
Aashin

'Plants make me happy.'
Diren



'Nature is important to me' **Aurora**

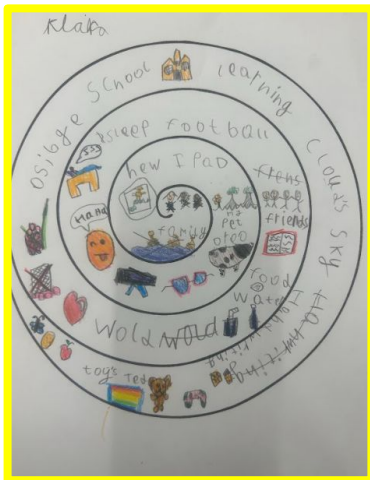
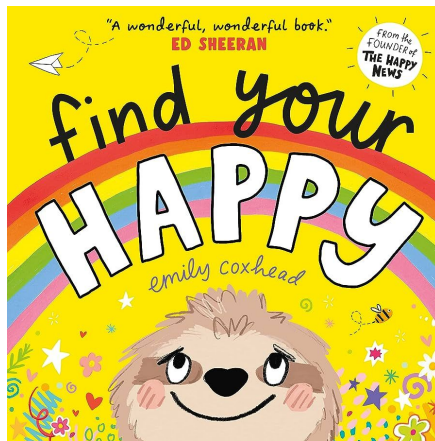
2F

'My family are important to me'
Rosa

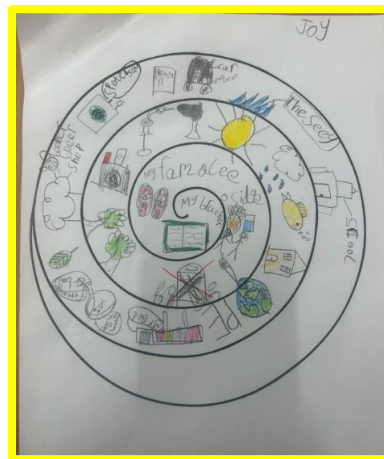
"My football team is important to me'
Lorenzo

'Learning at school' **Kamil**

'My mum and my dad are important to me because they help us' **Lavin**



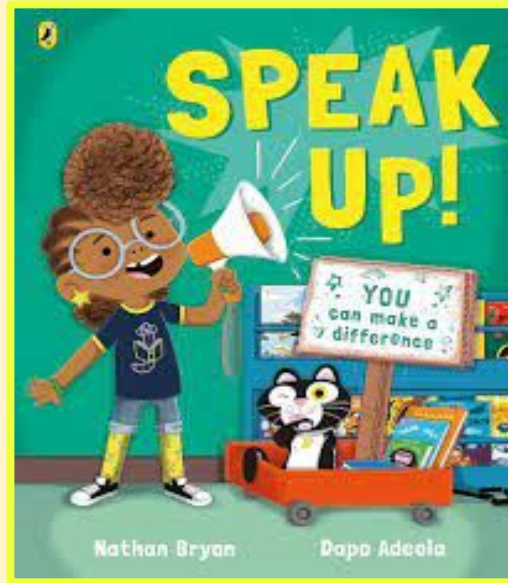
'My friends are important to me'
Ada



3B

"I've seen people throw their rubbish on the beach when they finish their ice cream." - **Ethan A**

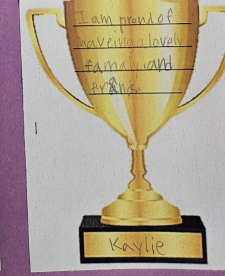
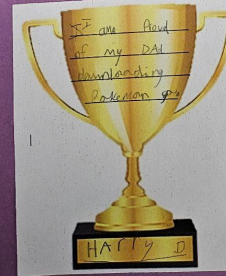
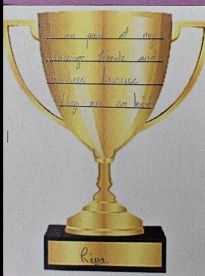
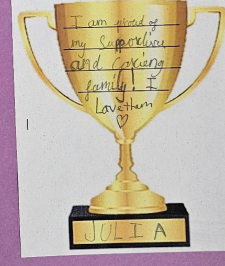
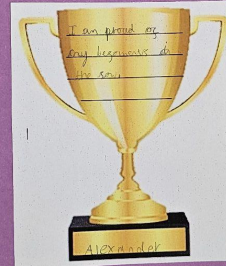
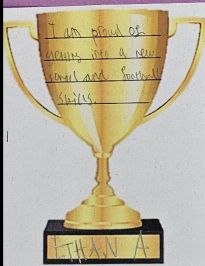
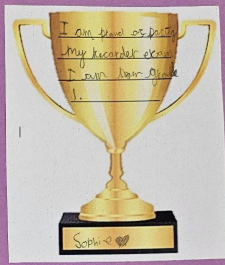
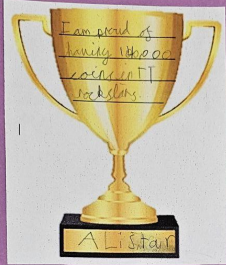
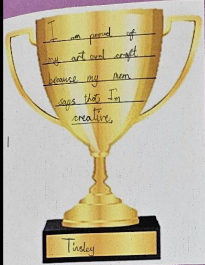
"In this story, Rocket helped the library to stay open." - **Sia-Rae**



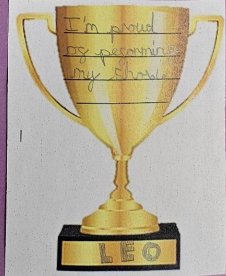
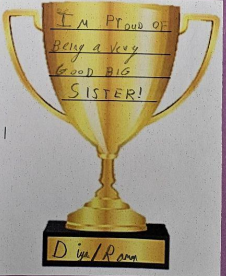
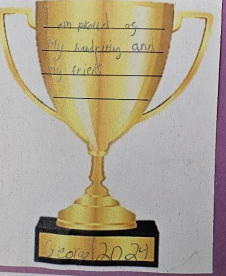
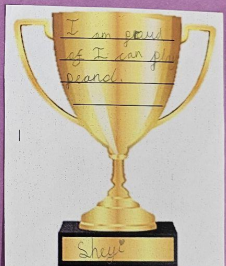
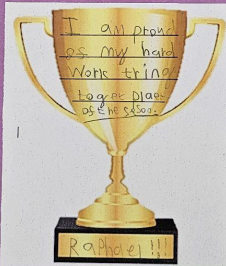
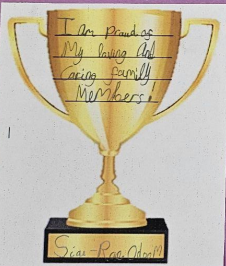
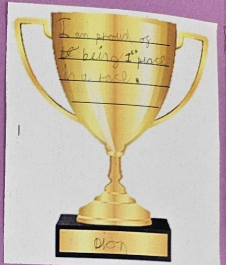
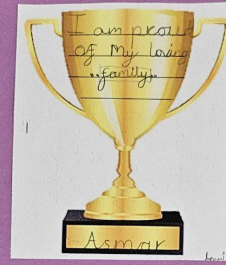
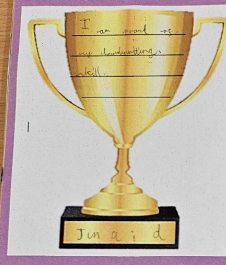
"When I watched David Attenborough, the seals were stuck in the fishing net but luckily they helped get them out." - **Leo**

"Rocket held a protest because the library was closing. Others attended the protest and helped change that." - **Riya**

I am PROUD of me

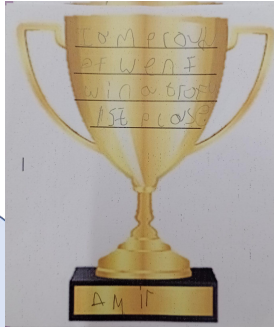


MY VOICE MATTERS!

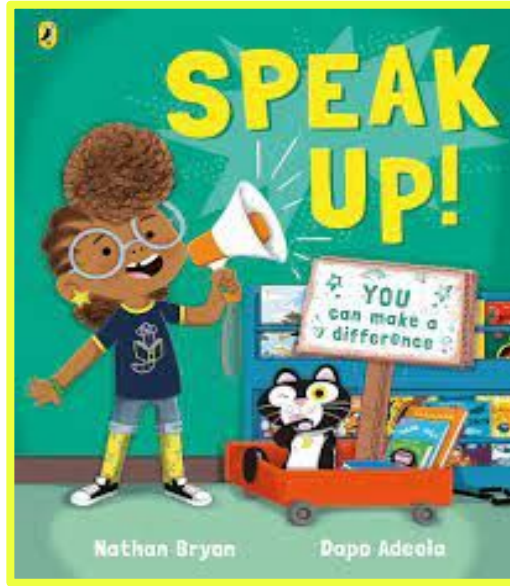
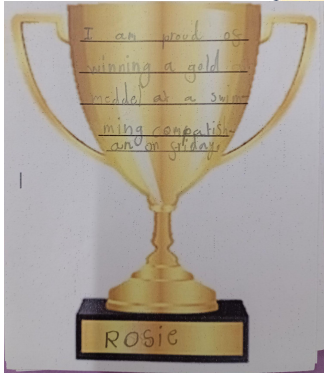


3Y

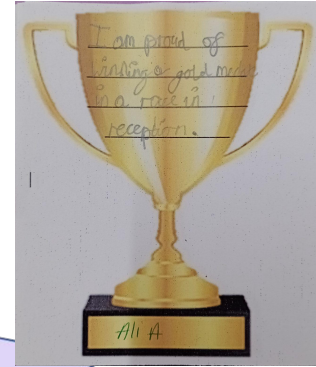
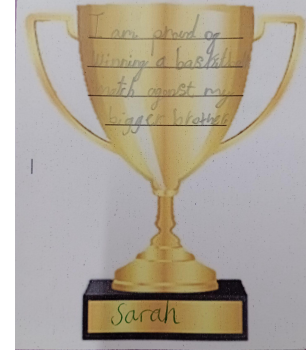
I am proud of the non-chronological report I am writing at home on Britain - Zavi



I am proud of how hard I try with all my learning - Kelsey



I am proud of how well I performed in the Year 3 show - Troy

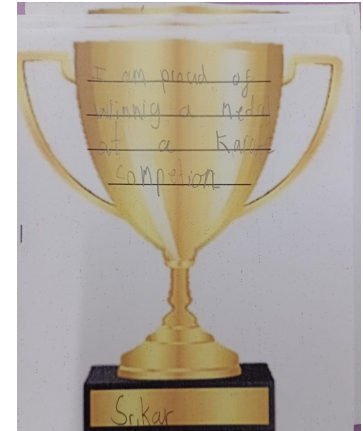


I am proud of a 3D house I made on my game - Vinessa

3Y

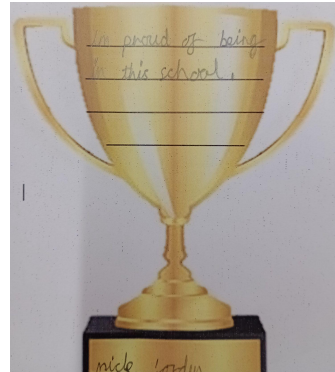
I am proud of making a
2 foot dragon at home
- Harry

I am proud of making a
word search with
Greek letters at home
with my mummy and
daddy - Emma



I am proud of the
mythical creature I am
making at home -
Zeynep

I am proud of my class
for everything they
have achieved - Ayla

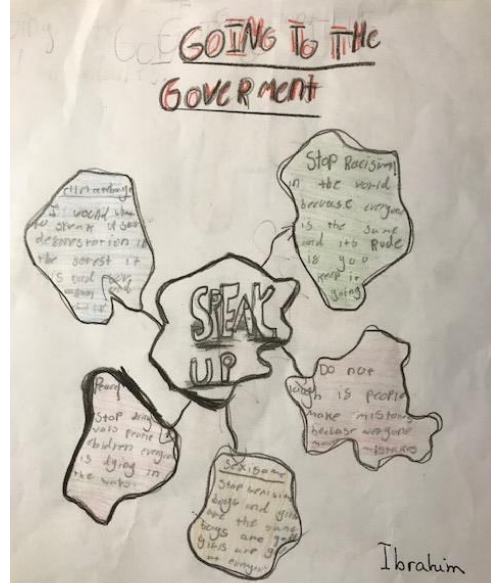
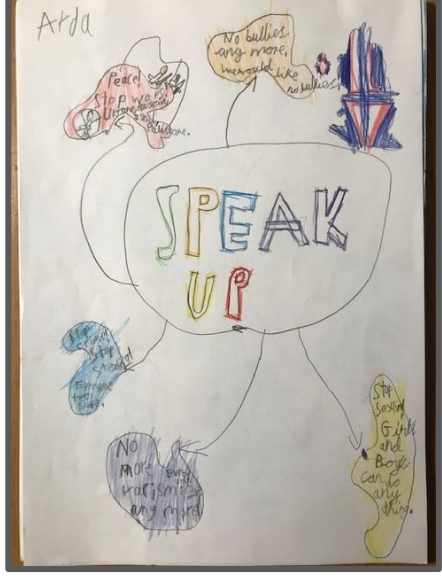


4T

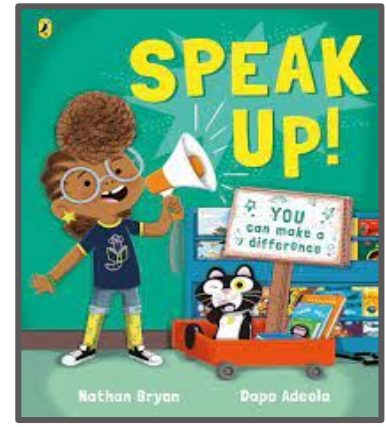


You matter
 You are the person everyone
 relies on
 We believe that you
 got this
 You are loved
 So your voice
 Be friendly

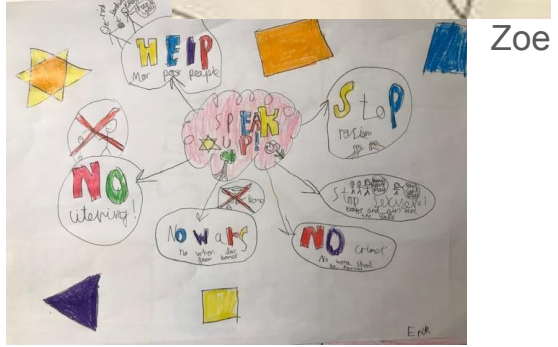
Niamh



Respect
 appreciate
 care
 Honesty
 determination
 Responsibility
 Kind



Racism and sexism
 It is rude! Everyone
 is the same. We are all
 equal. Girls and boys
 are the same



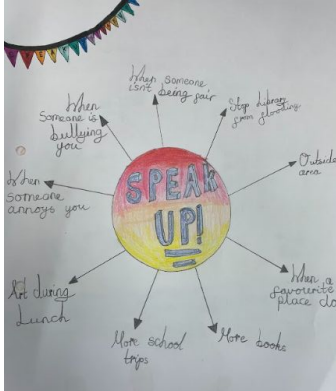
Zoe

Ariadni

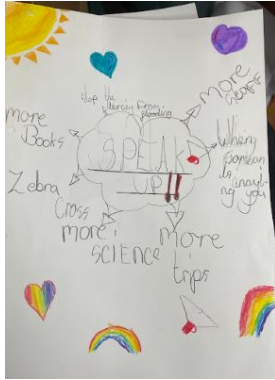
4B

After reading the inspiring story 'Speak Up', we considered things that we feel passionate to speak up about!

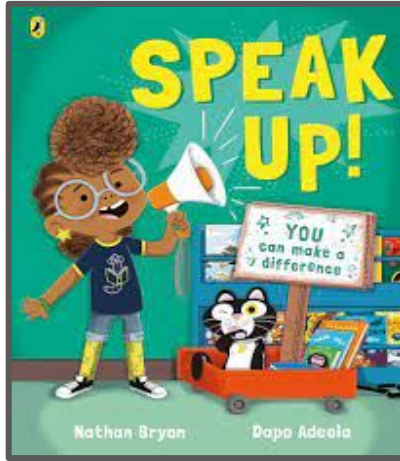
Zarah



Daria



If you don't speak up, everything will stay the same and nothing can change (Amelia) You can change people's opinions when you speak up (Anton)



Don't keep your worries inside. Get them out of you by speaking up! (Daria)

Velizar



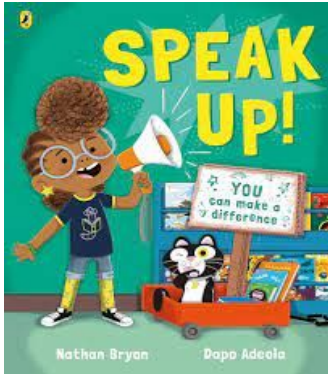
Ipek



Speak up about how you feel and more people will be able to help you (Aarav)

Speak up to stop the problem (Alex)

5R



Even though we are children, what we think matters. - Teodor.

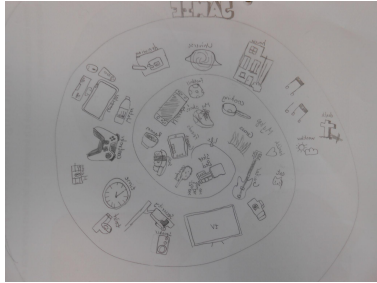
It made us think about what we would do for the things we care about. - Zeynep

There are lots of children who have made a difference by speaking up. We learnt about Malala at the beginning of the year. - Ayan

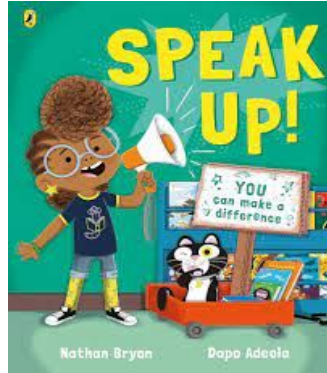
Children's voices matter too. We learnt about the rights of the child in PSHE. - Tiana



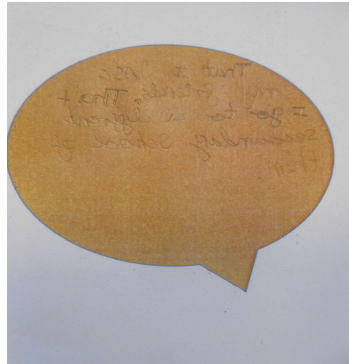
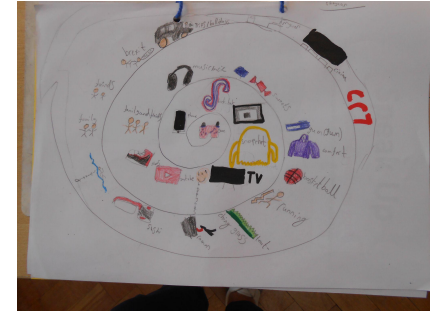
6L - We thought about what is important to us on a day to day basis and then things in the wider world and created a spiral to show this. Also, we thought of instances where things might be worrying us or have worried us and we needed to speak up and say how we were feeling. Not only that we need to speak up about our proud moments too.



It is important to speak up because if we don't it can affect our mental health.
Samaa



Speak up as a problem may not be as small as it seems.
Antonio



We need to use our voices to fix problems.
Chris

You have to speak up so that someone can help you when you are worried or you need help.
Isabella

Take time to speak about your problems
Oskar

