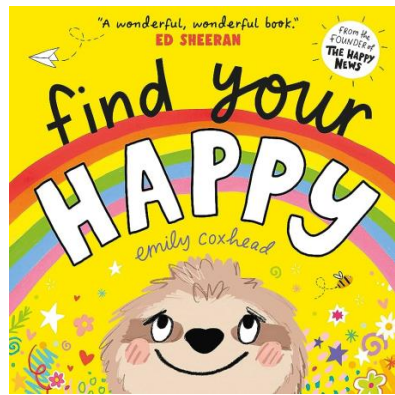


Children's Mental Health Week 2024

LB

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

"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"

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

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



"I drink some water and then I feel better"

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

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

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



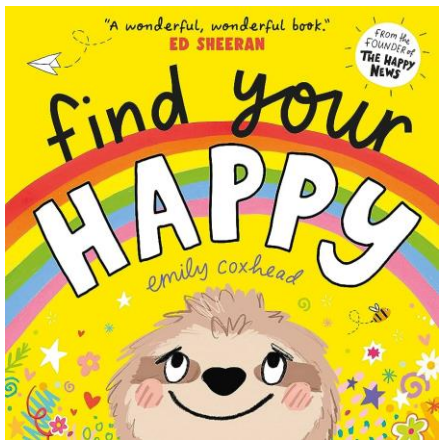
'Spiderman makes me happy' **Orik**

1B

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



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



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



'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**



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





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

Caspar

1J

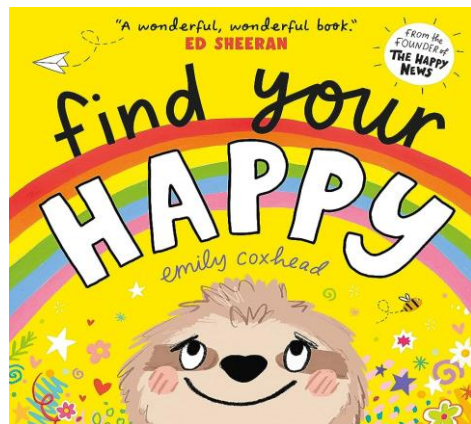
'Playing football makes me happy because my friends are there.'

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.'

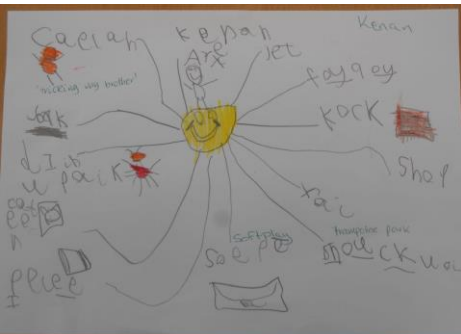
Eli

'Plants make me happy.'

Diren

'Nature makes me happy because I like spiders.'

Aashin



2F

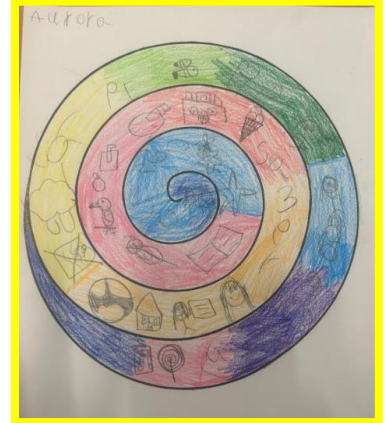
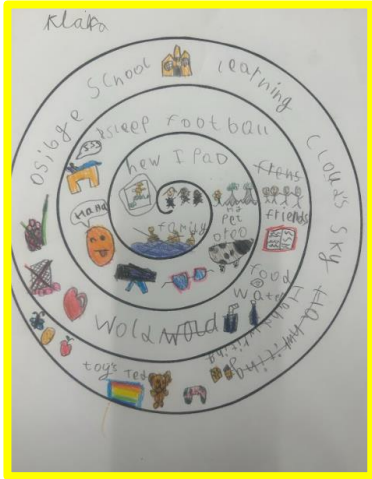
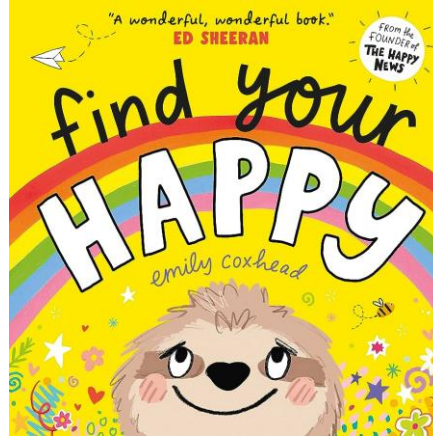
'Nature is important to me'
Aurora

"My football team is important to me"
Lorenzo

'Learning at school'
Kamil

'My family are important to me'
Rosa

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



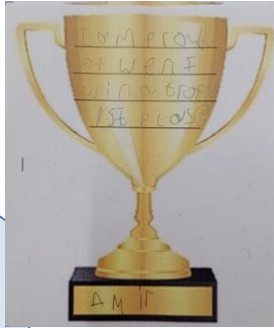
'My friends are important to me'
Ada



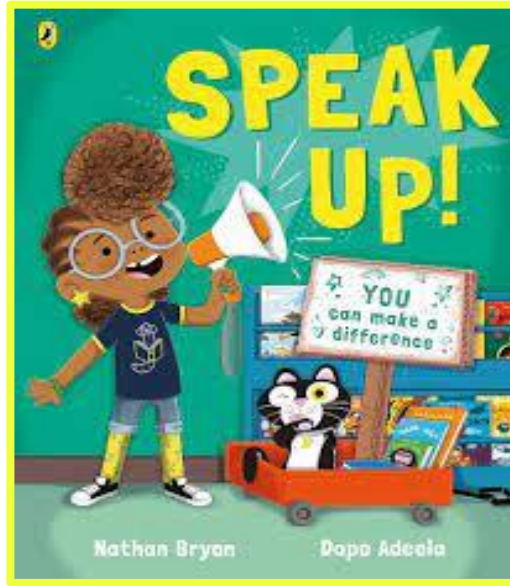
Captain Care

3Y

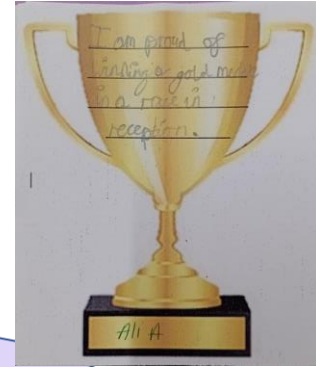
I am proud of the non-chronological report I am writing at home on Britain - Zavi



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

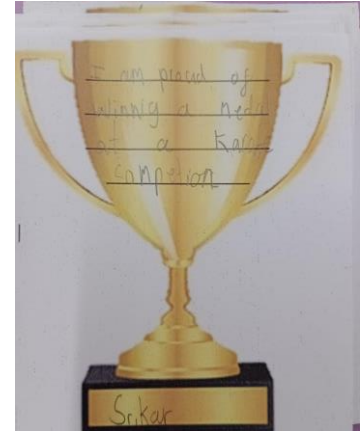


I am proud of a 3D house I made on my game - Vinessa

3Y

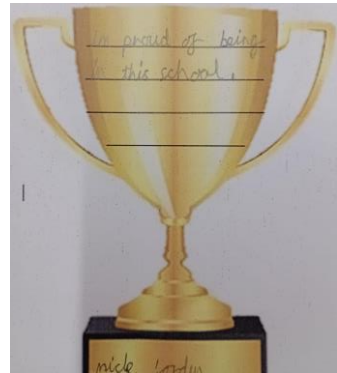
I am proud of making a
2 foot dragon at home
- Harry

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

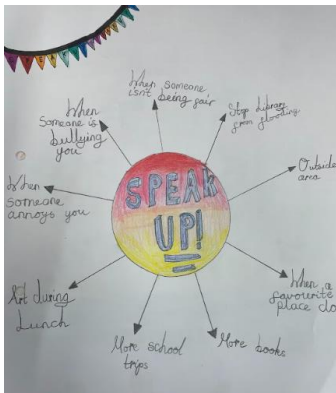
I am proud of my class
for everything they
have achieved - Ayla



4B

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

Zarah



Daria



Velizar



Ipek

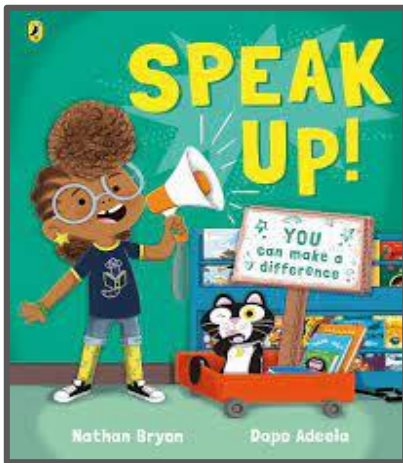


If you don't speak up, everything will stay the same and nothing can change (Amelia) You can change people's opinions when you speak up (Anton)

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

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

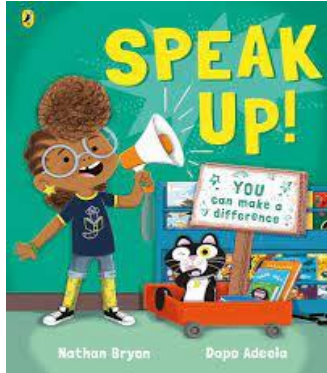
Speak up to stop the problem (Alex)



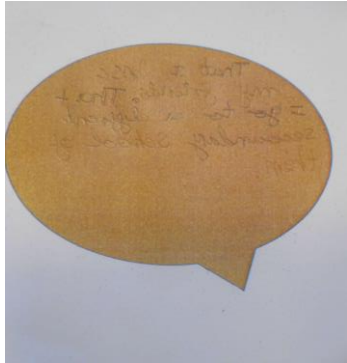
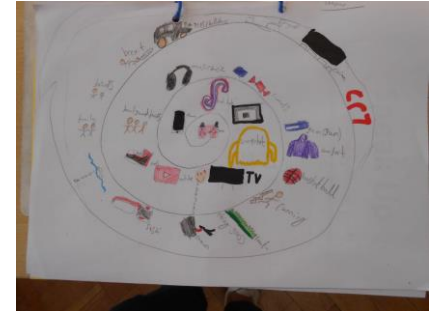
6L - We thought about what is important to us on a day to day basis and then things in the wider world and created a spiral to show this. Also, we thought of instances where things might be worrying us or have worried us and we needed to speak up and say how we were feeling. Not only that we need to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

