

# World Mental Health Day 2024



At Bridgewater, we are committed to improving children’s mental health and wellbeing. We promoted and marked **World Mental Health Day in October 2024**. Children across the school took part in wellbeing activities, including; mindfulness, yoga, poetry, art, calming strategies and breathing techniques. Our weekly **Positive Post** focussed on what to do when we feel worried, all classes received worry jars that are used in classrooms as a safe space for children to share their worries with their teachers.

