

Mental Health Awareness Week

We discussed ways that we can help our mental health—through getting active, getting outside, talking about our feelings, getting enough sleep and having a healthy diet.

We got outside, had a mindful walk and appreciated the warmth of the sun on our skin, the feel of the cool breeze and enjoyed the blissful sound of birdsong. We were present in the moment and thought about what we were thankful for.

We read the book 'A shelter for sadness' and then made our very own shelters in nature.

