

## Sixth Form take part in mental health day activities



This week saw world mental health day which was an opportunity for all of us to reflect upon strategies that can target our own mental health and personal wellbeing.

Members of 6H spent form time participating in a short yoga session in which they focused upon breathing and stretching to help relieve stress. Limited by space, time and equipment, we somehow ended up creating a new version of yoga which we have affectionately called "chair yoga"!

The session created such a large amount of laughter and positivity that we then added to this the following day with a low impact workout of squats with arm swings, seated knee lifts, standing mountain climbers and seated saws.

As you can see from their faces, there was definitely a feeling of happiness and whilst an 8:45am workout wasn't quite what they perhaps had in mind on a Monday morning, it started their day with both a healthy body and a healthy mind.

Mrs Elizabeth Hayward