

Mental health wellbeing and life skills day



On the last day of the half term, Transition to Lower 3 had a fantastic well-being and life skills day. This saw the pupils off timetable for the day in support of children's mental health week. We combined life skills and well-being tasks with enrichment activities run by a company called FUNDA.

FUNDA provided us with 2 giant inflatables and UV laser tag. There were solo and team activities throughout the session with a big emphasis on the children being empowered to get active, have fun, learn and continue to grow. Obviously, the day couldn't pass by without the teachers having a turn so many of us got into our competitive spirit and played against each other.

To compliment the fun experience, each year group had several different life skills challenges to complete throughout the day, receiving certificates for each skill they successfully completed.

Below are the life skills activities for each year group :

Lower 3 – Public speaking, touch typing, sewing, navigation, money tasks, reading, wrapping presents and making their own lunch.

Upper 2 – First aid, wrapping presents, money tasks, navigation, public speaking, reading, touch typing and making their own lunch.

Lower 2 – Shoelaces, first aid, getting changed and doing ties, money, touch typing, reading and making their own lunch.

Upper 1 – Problem solving, teamwork, money, shoelaces, getting changed and doing ties, reading and making their own lunch.

Prep School



Transition and Lower 1 – Money, brushing teeth/hygiene, shoelaces, washing up, getting changed and packing a bag and reading.

The children absolutely loved this event and have continued to talk about it this week. We are hoping to make this our annual event to support children's mental health week.

Miss Jade Preston and Mrs Heather Hallam