

Transition write a book for Children's Mental Health Week!



As this week is Children's Mental Health Week, Transition decided that we would work together to make a book full of ideas to help other people's mental health!

After talking about what mental health means, we discussed all the things that we like that keep our own mental health in tip-top condition.

Transition wanted to share their ideas with friends and family so we decided to create our very own book. Each child wrote down the thing that they do when they are feeling sad, and drew a beautiful, colourful picture to go with it. Mrs Hallam put all the ideas together and each child will have their own copy to share at home with loved ones. Some will even be going out to some very hard-working teachers!

We hope you all enjoy our creation and that it puts a smile on your faces!

Miss Beth Hayter and Mrs Heather Hallam

