

Competition!



Mental health is our thoughts, feelings and actions. We all have mental health. Sometimes it is good, sometimes it is not so good. It is important to look after our mental health, just like our physical health.

- Can you do something this week to support the wellbeing of others?
- Can you help someone who is lonely?
- What can you do this week to look after your own mental health?

Send photos or messages to Mrs Wheat telling her what you have been up to by Friday 13th May.

There will be 1 winner from each year group picked out of a hat of everyone who enters!

megan.wheat@taw.org.uk or pass them to your teacher.