

Mytchett Primary and Nursery Academy:

Feeling Good Week 4th – 8th October

World Mental Health Day – 10th October

Theme for 2021 is: 'Together we are stronger'

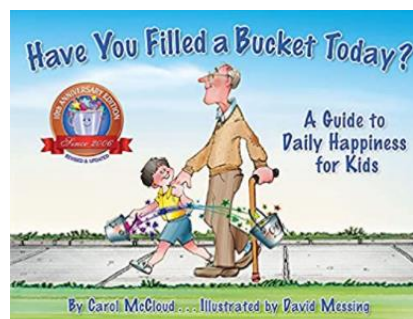
This year's theme 'Together We Are Stronger', encourages young people to work together, appreciate the benefits of a thriving society, promote a sense of belonging, build supportive relationships and share how they are feeling with one another. Being able to share experiences with others can help encourage positive mental health. The theme aims to:

- Get children and young people working together towards joint achievements
- Encourage listening, learning, sharing and trust
- Help children develop respect and pride in shared activity
- Build positive relationships and heighten awareness of both self and others
- Develop understanding of their own, and other people's attitudes and values
- Promote equality and community cohesion.

We have the following daily themes for the week to break down what 'Feeling Good' means. Our themes are:

Day	Theme
Monday	Feeling good about our Mental Health
Tuesday	Feeling good about our Physical Health
Wednesday	Feeling good about others - Kindness
Thursday	Feeling good about healthy eating
Friday	Feeling good about taking care of ourselves and others (including the world around us)

This week we will take the opportunity to return to the concept of Bucket Filling, which was introduced to the children very successfully, back in 2020.



Be a bucket filler, not a bucket dipper!