

Inspire Story

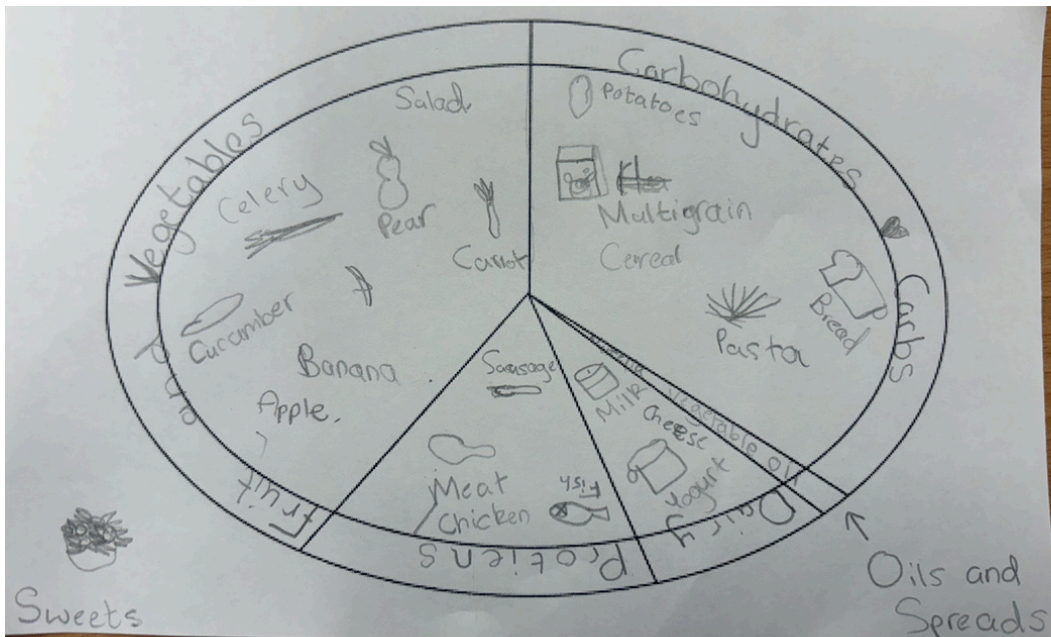
HEALTH AND WELLBEING

ME IN MIND

Me in Mind is an emotional literacy intervention programme where learners investigate their own thoughts and feelings and learn techniques to better manage their emotions and understand how to be happier and calmer more often.

MERRYDALE JUNIOR SCHOOL

This term the pupils at Merrydale have experienced particular success with the Me in Mind programme. Pupils from years 4-6 have looked forward to their Me in Mind sessions every Wednesday, developing a deep understanding how to identify, understand, express and manage their emotions. Delivered by our health and wellbeing coach, students have learnt about empathy, friendship, and the importance of physical activity in managing their feelings. They also participated and excelled in numerous games activities that helped them to understand the importance of good nutrition to support their mental wellbeing.



Health and wellbeing coach, Izzy, said “It has been a privilege to watch the pupils grown in confidence over the 10-weeks. Their willingness to express their feelings has increased massively and I hope that this will continue to help them understand and manage their emotions in the future”

