

Mental Health Awareness Week May 2024

Yeading Infants School continues to make Mental Health a priority for children and adults alike. We took part in the national Mental Health Awareness Week, with several assemblies encouraging us to Move for Mood. We even inaugurated our new outdoor stage while Reception Owl class led us in a dance.



Reception Tigger class taught us on Wear It Green day about all the different kinds of emotions we could experience. We were reminded it's OK that we don't always feel happy, but we should try to think of ways to get back to feeling 'Green' ie. in our happy and ready to learn Green zone. Just one of those ways is to release some endorphins when we are active, whether that be running around the park, or even dancing to some music.

