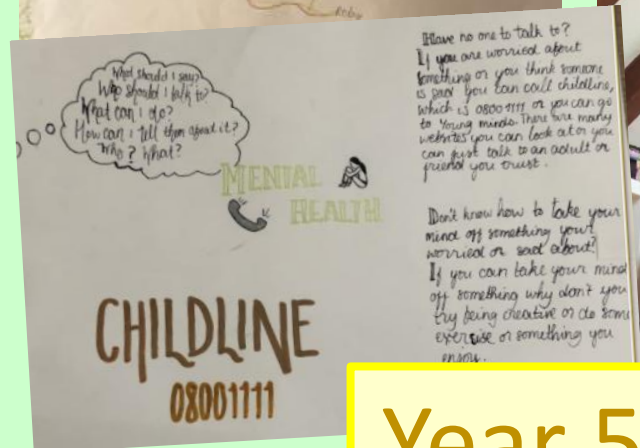
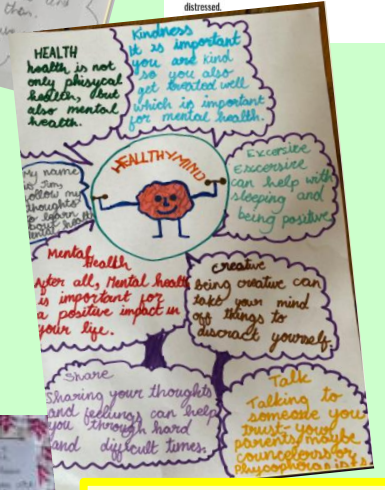
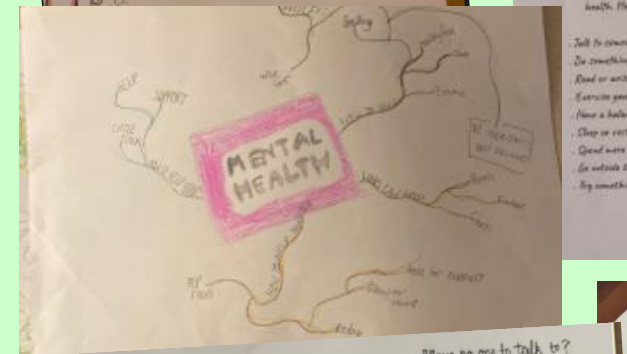
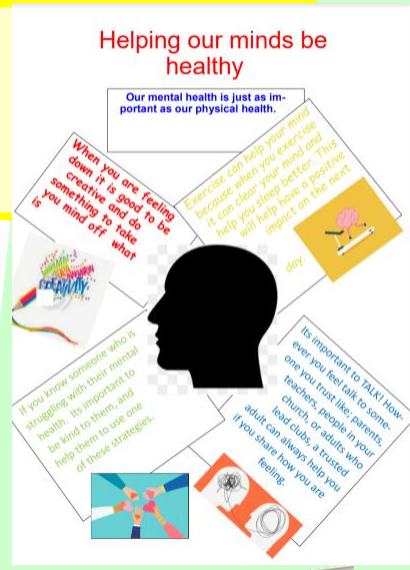
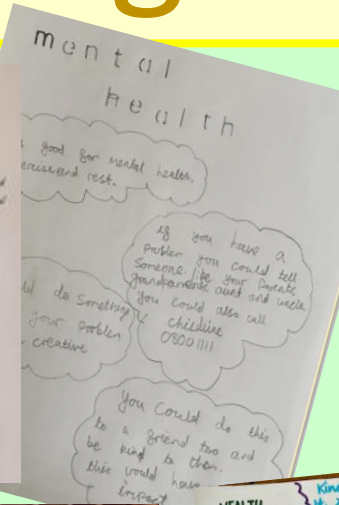
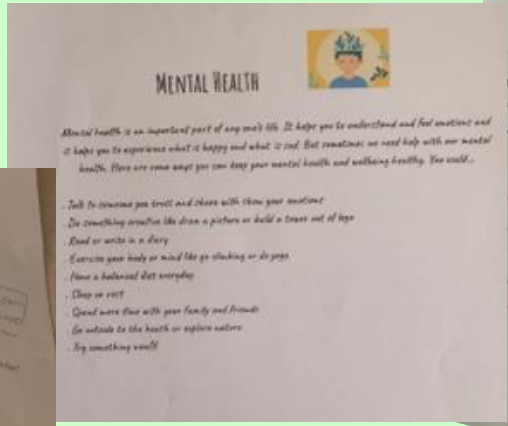
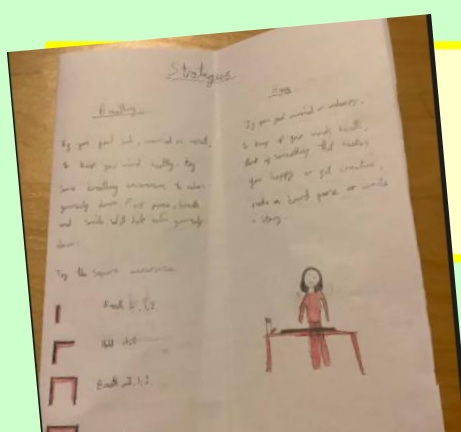


# Well-Being Wednesday!



Year 5

YOUNG MINDS

As part of our PSHE day all about mental health and well-being, we learnt about what mental health is and why it is important to keep our minds as well as our bodies healthy! We also thought about who we can talk to if we feel we need to. We then created posters, leaflets and videos to showcase what we had learnt.