

## Mindfulness

**Brain boosting:** Once a week the children take part in a brain boosting session. The children find a space to lie down and relax their whole body. Whilst lying down, calm/tranquil music is played to allow them to focus on their breathing and nothing else.

**Colouring:** During green time, the children choose to draw and colour mindfulness pictures to promote concentration on simple tasks that require repetitive motion and focus.



E Safety.

## E-safety sessions

Pupils have opportunities to learn about how they can stay safe on the internet and enjoy sharing their experiences with the class.



## Pupil Voice

Pupils choose what they would like to learn in class and how they want to learn it; being an integral part of the learning process. They also have the chance to share what they would like to do in class; eg. start up a drawing/ writing club that they then take ownership of.



## Circle Time

Similar to Time for Talk sessions, children explore issues and areas of concern that concern them through discussion as a whole group.

## Walk over the park

Our class joined the rest of our school on a walk over the park, enjoying the beautiful sunshine!



What does Well-being look like in Class 9?



## Classroom Greeter

Everyday when the children come into school, the class are greeted by the classroom greeter. Here, the children who are waling into class have the opportunity to choose how they would like to be greeted.

## Singing and performing

Our class love to sing! So we make sure that we make time to sing songs together and have fun doing it! We really enjoyed our Harvest Vegetable rap and are looking forward to more Welsh singing this Spring!



## Time for Talk

Children in our class have the opportunity to discuss and evaluate opinions about things that matter to them in school through quality oracy sessions. They are learning to not only build the confidence to share with others however listen carefully to what other people say and build on it.



## School trips

Class 9 have been on school trips to Technquest to explore friction and electricity.



## Science

Through our science topics we have learned how friction is created and how our body's circulatory system helps us when we take part in exercise. We have also discussed during our circle time sessions about healthy eating and how to maintain a balanced diet.

