THE WINCHESTER SCHOOL, JEBEL ALI

Date: 10.10.26	**Audience:** FS Children	**Venue:** Respective Classrooms

Title: World Mental Health Day
Presenters / Conductors: Foundation stage teachers and learning partners

Aims & Objective: To promote awareness about mental well-being and help children understand the importance of caring for their mind.

Summary: FS students celebrated World Mental Health Day with fun activities that helped them understand their feelings and learn ways to care for their minds. They enjoyed a lively Zumba session, yoga, and songs about emotions. Through creative tasks like drawing, making a gratitude tree, and a kindness chain, children expressed their feelings with joy and positivity.

Pictures / Flyers Etc.:

Student/Parent/Teacher Feedback*:* Ms. Sharmeen Shaikh, the Form Tutor of FS2J, said, “The World Mental Health Day activities helped children understand their emotions and learn simple ways to keep their minds calm and happy.”
Ms. Dascel Fernandes, Form Tutor of FS2D, said, “The children enjoyed expressing their feelings through songs, yoga, and creative tasks, which encouraged them to be kind, grateful, and mindful.”

Organised by: FS team