THE WINCHESTER SCHOOL, JEBEL ALI

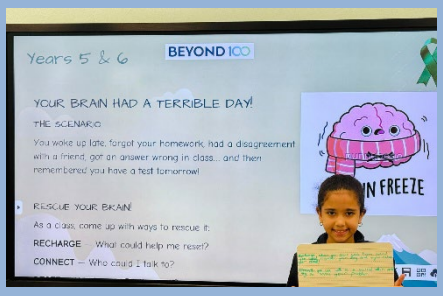
Date: 07th October 2026	**Participants:** Year 5 and 6 Students	**Venue:** Year 5 and 6 Classrooms

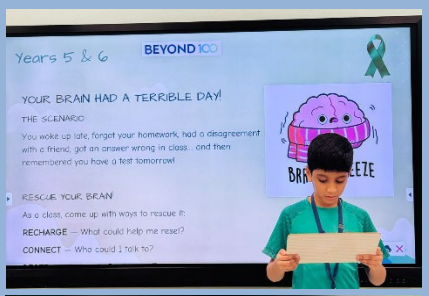
Title: World Mental Health Day
Presenters /Conductors: Students of Year-1 to 6

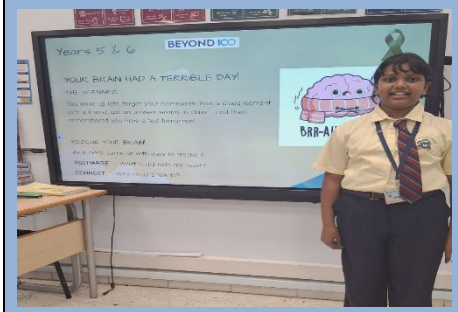
Aims & Objective: To raise students' awareness of mental health and wellbeing by helping them recognise challenging emotions, develop healthy coping strategies, seek support, and build resilience through reflection and meaningful classroom discussion.

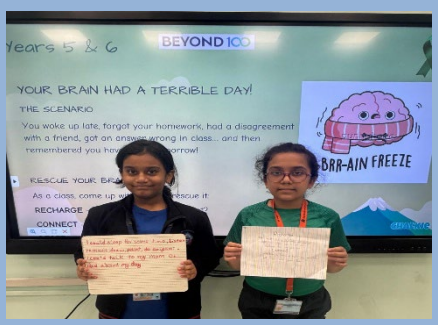
Summary: World Mental Health Day was observed enthusiastically by Year 5 and 6 students through an engaging classroom activity titled "Your Brain Had a Terrible Day!". Students explored how everyday challenges, such as waking up late, forgetting homework, having a disagreement with a friend, making mistakes in class, or feeling worried about an upcoming test, can affect their thoughts, feelings, and wellbeing. Working collaboratively, students discussed different ways to "rescue their brain" and developed practical strategies under four key areas: RECHARGE – identifying ways to reset and feel calm; CONNECT – recognising trusted people they can talk to; RESET – using positive and reassuring self-talk; and REFOCUS – identifying one manageable action they can take next. The activity encouraged students to understand that experiencing difficult emotions is a normal part of life and that seeking support and using healthy coping strategies can help them manage challenges.

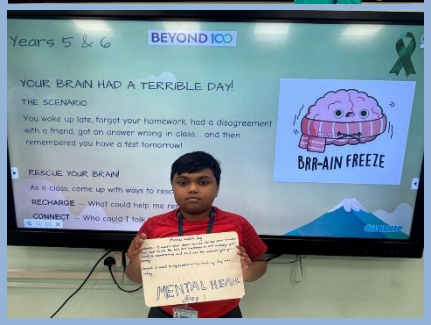
Pictures:











Student/Teacher Feedback:

Abrish, 5F, stated, "I learned that taking a moment to reset, talking to someone I trust, and focusing on one thing I can do next can help me feel better."

Ms. Divya Sharma, Form Tutor 6D, shared, "Students participated enthusiastically and demonstrated self-awareness, empathy, and a positive attitude towards supporting their own mental wellbeing and that of others."

Organized by: Form Tutors of Year 5 and 6