THE WINCHESTER SCHOOL, JEBEL ALI

Date: 08/10/ 2026	**Audience**: KS1 students	**Venue**: Year 1and 2 - Classroom

Title: Mental Health

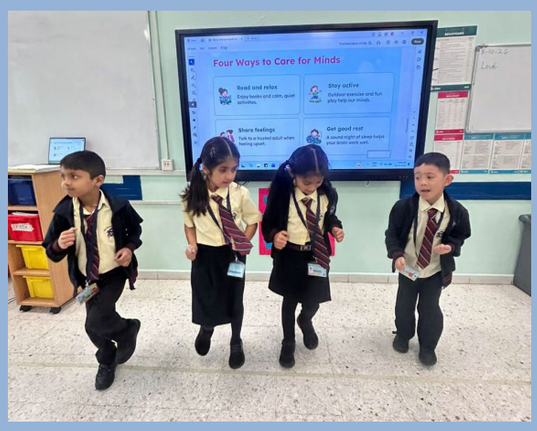
Presenters /Conductors: Teachers of Year 1 and 2

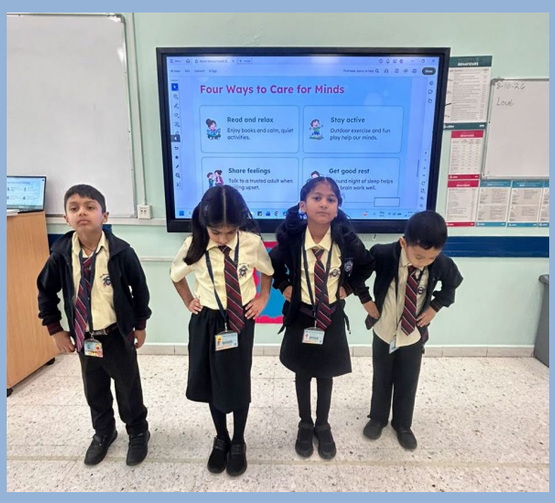
Aims & Objective: To educate young learners about the importance of maintaining good mental health by recognizing and managing emotions, developing positive relationships, practicing mindfulness, and fostering resilience, while encouraging habits that promote emotional well-being and self-confidence.

Summary:

The Mental Health Awareness session helped students understand their emotions and learn simple ways to support a healthy mind and body through exercise, healthy habits, sleep and mindful technology use. Students took part in engaging activities including Feel-Good Freeze, where they froze in different poses when the teacher called “freeze”; Happy, where they shared something that made them feel good; Sad, where they discussed what they can do when they feel sad; and Anger, where they explored ways to manage anger. They also enjoyed Animal Stretch and Breathe, including Giraffe Reach and Sleeping Bear, using movement, slow breathing and calming hugs to help their bodies relax.

Pictures:





Student Feedback: Aryan from Year 1-G-“I learnt how exercise helps my brain and body stay healthy.”

Avyaan Rastogi from Year 2-A- *“I enjoyed learning new things about mental health.”*

Teachers’ Feedback: Ms. Gauri Ambe, Teacher of Year 1 - “It was an impactful session that promoted awareness and positive attitudes toward mental health.

Ms. Nirali Mehta, Teacher of Year 2- “Students demonstrated keen interest and participated with enthusiasm throughout the session.”

Organized by: KS 1 and Head of Wellbeing