





Using all of the techniques that we have developed over the last half term we will create our main piece of Monet inspired art work. 'World Mental Health Day' is on October 10th, the children will be discussing what the term 'mental health' means and why it is just as important to look after our minds as any other part of our body. We shall be trying out some relaxation techniques and visualising a 'happy place' as part of our ongoing commitment to mental health.' We will remember our '5 ways to wellbeing'.

PSHE/RSE

