

IN SUPPORT OF CHILDREN'S MENTAL HEALTH WEEK

INSIDE OUT DAY

Thursday 6th February 2020



On **Thursday 6th February**, during **Children's Mental Health Week**, we will be supporting
'Inside Out Day'

Children and staff are asked to wear an item of their school uniform/clothing inside out as a way of making them all stop and think about how someone may look OK on the outside but inside they may be feeling sad or worried. It is a day to remind us to always be kind and think of others as no one knows how another person may be feeling.

During the week, the whole school will be also taking part in daily mindfulness activities.

