

As a Kids Matter School, in 5/6H we have been following the Kids Matter Framework to ensure students' Mental Health and Emotional Wellbeing is considered and cared for. Within our classroom we undertake daily and weekly sessions to ensure that students are continually supported.

On a daily basis, we hold a "check-in" circle where the students express two feelings they have on a given day. This gives the students and myself the opportunity to hear how others are feeling and then provide support to those who may need it on a given day.

On a weekly basis we have Kids Matter sessions with various focuses such as bullying, inclusion and most recently, friendship. Our first session around friendships saw the students forming groups to draw and label what they believed the features of a good friend included. We were then fortunate to have a follow on session run by Adam Voight from Real Schools. Adam undertook a progressive circle activity which characterised 4 different kinds of friendships - FOR, NOT, TO, WITH. The activity facilitated deep thought about what kind of friend the students wanted to have, along with what kind of friend the students themselves thought they were. The students also played 'The Chinese Boxer', which focused on firmness, fairness and respect. The students were very much engaged and the activities from these sessions are displayed as a reminder to the students. Here are some of the posters and photos from the activities!

The Chinese Boxer!



Categorising friendship...

Features of a friend...

