



WOOTTON PARK

'Ipsum quod faciendum est diutius'

WELLBEING AT WOOTTON PARK

Wellbeing Wednesdays

This year at Wootton Park we have introduced 'Wellbeing Wednesdays' to the primary and secondary curriculum.

Each Wednesday both primary and secondary will explore different aspects of wellbeing through a 20 minute tutor time activity. These sessions will cover topics such as:

- Mindfulness
- Helping others
- Developing relationships with peers
- Cosmic Yoga (in primary)
- Practicing gratitude
- The importance of goal setting
- ...and many more!

By focusing on different elements of wellbeing each week we hope to continue embedding the importance of wellbeing throughout the school.



Action for Happiness

Action for Happiness is a charity in the United Kingdom. It aims to increase the happiness in the world by bringing together like-minded people from all walks of life and helping them take practical action, drawing on the latest scientific research.



Each month Action for Happiness produces a themed calendar with thought provoking activity ideas for each day, such as 'Joyful June' and 'Active April'. We actively promote these calendars in school, through tutor time, classroom displays and group discussion.

