

Meet and Greet Activity

During our meet and greet session on Tuesday at 10:30- 11:30, we are going to use an activity from the Children's mental health week resources. This is to encourage children to be themselves!

Below are some questions we might be talking about. I have attached them on Monday so it give you a chance to discuss your answers with someone at home (if you wish), before you share them with the class.

If you feel too shy to share your answers during the live session, that's ok, you don't have to talk to everyone, but please share your answers with someone at home (or your adult with you could share your idea with everyone instead of you if you would like).

CIRCLE TIME

- Sitting in a circle (or online if children are not physically in the same space), everyone takes a turn sharing something with the group. Warm up with simple ideas, like asking children to share their likes, dislikes and something about themselves. For example, go around the circle saying:



Everyone is encouraged to be supportive and attentive when others share.

I'm looking forward to hearing from you all again tomorrow.

Mrs Brown