

YOUNGMINDS



Showcasing your school: Rockmount Primary School



Rockmount Primary School have created a wellbeing corner in every classroom - a quiet area of the room equipped with calming resources and designed to help children relax. Donna Rankine, Year 2 and 3 Learning and Teaching Leader says, "it's a positive safe place for children to take time out in order to regulate their emotions."

In addition to this, Rockmount Primary also hosted a 'Wellbeing Week', giving pupils an opportunity to participate in a wide variety of activities. They used the film 'Inside Out' in lessons to encourage pupils to explore different emotions.