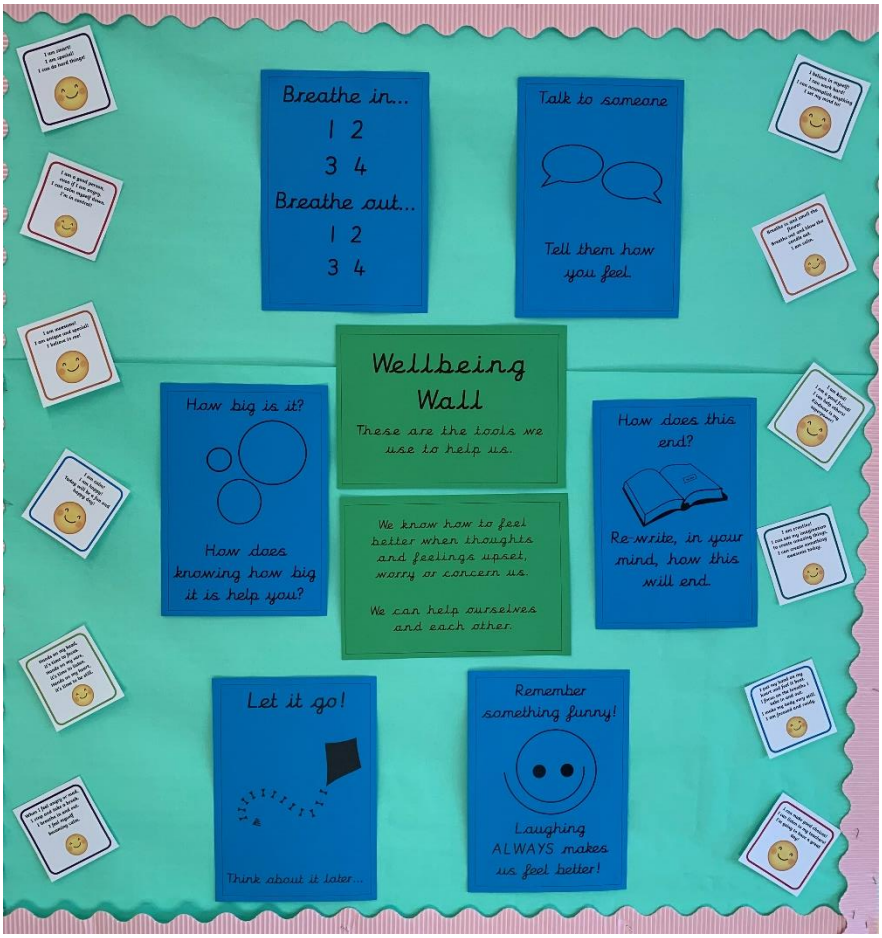
Dear Parents and Carers,

This is the 'Wellbeing Wall' in our classroom. It has 6 different suggestions the children can choose from to help them with any wobbly thoughts or emotions.

The Wellbeing Wall is a step towards the children learning to regulate their own thoughts and feelings, we are really excited to see their progress with it so far, see if they can explain all the pictures to you!