Mental Health Awareness Week

Primary Wing

World Mental Health Day is observed globally on October 10 every year. This year, our Mental Health Week was inspired by the belief that nurturing mental health is a continuous journey that starts from within. Every step we take towards self- awareness and resilience strengthens our inner world. In an endeavour to promote healthy conversations around mental health and encourage creativity, thoughtful art -based activities were planned for the students of Primary Wing.

The "Rainbow Breathing" activity for **Prep** helped students relax through a fun, colourful exercise. They drew a rainbow and traced it with their fingers while practising slow, deep breaths, following the pattern of inhaling, holding, and exhaling. This mindful practice promoted focus and calmness. It ended with a reminder to use rainbow breathing when tired, upset, or needing to relax.

The activity "My Comfort Pillow" involved **Class I** drawing pillows filled with images of people, pets or objects that make them feel safe and happy. They shared their drawings and reflected on what brings them peace. The session helped create awareness about the people and things that bring comfort and joy when upset.

The activity *"My Jar of Feelings"* was conducted with **Class II** to help students identify, express, and reflect on their emotions. Students drew a jar on their art sheets and used different colours to represent various feelings such as happiness, sadness, anger, fear, excitement, and calmness. They coloured the jar based on how strongly they felt each emotion. Through discussion, students reflected on what caused certain emotions and how they could manage them. The session concluded with the reminder that all feelings are natural and it is essential to be aware of them and share emotions openly. Emotions truly add colour to life.


Mental Health Awareness Week
Class I
My Comfort Pillow


Mental Health Awareness Week
Class II
My Jar of Feelings
• Happy
• Sad
• Angry
• Scared
• Excited
• Calm


I am responsible
I am creative