



Wellbeing Week- What did you do?



running



yoga



reading



play dough



doodle



music



compliments



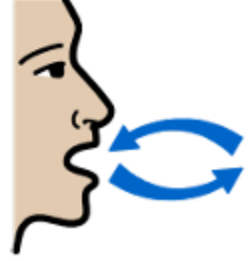
friendship bracelet




colouring



sensory walk



breathing



tidy up for a tidy mind

A collage of colorful, expressive cartoon characters from the movie 'Inside Out'. The characters are shown in various poses, some looking surprised, some angry, and some thoughtful. The background is dark, making the bright colors of the characters stand out.

Know yourself grow yourself

Westdale celebrates

Children's Mental Health week – all week