JARS OF GRATITUDE

OCTOBER MENTAL HEALTH FOCUS

For the month of October, please ask children (at least 2/3 per day) to write and place post-its in the ‘Jar of Gratitude’ for anything they would like to say ‘Thanks You’ for.

I will arrange to visit classes for a few minutes wb. 17.10.22 (weeks before half-term) to share their comments with them.

**Many Thanks ☺**