

Drop Down Day Student Feedback Sheet

Learning Driver	Caring for Ourselves – Spring Term
Character Development Strands	I know how to develop mindfulness and resilience I know how to live a healthy lifestyle I know how to develop positive relationships and know how to stay safe I have celebrated my personal heritage and I am proud of my Islamic and British values
Year Group	10
Date:	Wednesday 28 th February 2024
Activity	Student Evidence/Feedback
STAYING SAFE ONLINE. I know how to develop positive relationships and know how to stay safe	Hamima- I now have a better understanding of how to stay safe online and hopefully will be safe from online scams. Shifa- I can build positive relationships with others by socialising more and communicating with others. Tanjima- I think parents should be involved with their children's social life to see if their children have good company and if they're being influenced.
MEDITATION. I know how to develop mindfulness and resilience	Tanjima: The meditation relaxed my muscles and tensions, it removed my stress which was a main factor I struggle on. Eventually, it relaxed me alot that it made me fall asleep. Shifa=the meditation was very calm and it helped me relax and made me fall asleep. HAMIMAH: i enjoyed relaxing and meditating with my class as it was very stress relieving and made me feel relaxed i also really liked writing about the negative things in my life and ripping it up as it got rid of those things from my brain
PILATES. I know how to live a healthy lifestyle	Tanjima: the yoga positions were helpful as they pulled the right muscles. It was fun to do and learn about different types of strategies for meditation. hamima:i enjoyed doing yoga as it made all my stress leave my brain. Shifa= I really enjoyed the lessons as I learned breathing techniques that made me relax and are helpful in life and yoga positions that helped me relax my muscles .

CANVASES.

I have celebrated my personal heritage and I am proud of my Islamic and British Values.

