

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	6
Date:	Wednesday 28 th February 2024
Activity	Student Evidence/Feedback
Personal Hygiene	 I enjoyed learning about personal hygiene because now I know how regularly I should be showering so I can prevent my self from sweating. - Zaynab Kothia I enjoyed personal hygiene the most because I am growing up and it taught me how to keep clean as I get older. - Afifa Kayani
Making Stress balls	

	I learnt how to make stress balls as it relieves stress and anxiety. This is a form of taking care of our mental health. - Fabiha Fayruz I liked making stress balls because it helps me concentrate and makes me feel better. - Yasna Kabir
Gratitude bulletin board	 I liked making the gratitude boards the most because it makes me realise how grateful I am for everything. - Zaynab Chowdhury I liked making the gratitude bulletin board because I got to fully express what I felt grateful for. Tayyibah Khatun

Nasheeds and mindfulness



I really enjoyed singing along to all the different nasheeds. I was able to express myself through singing.

- Umaimah Doodwala

I liked that everyone chose peaceful nasheeds so we were refreshing ourselves.

- Maariyah Hussain

Physical Activity



PE helps us to take care of our physical health as well as our mental health. - Safiyya Rose