

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	7
Date:	Wednesday 28 th February 2024
Activity	Student Evidence/Feedback
MEDITATION. I know how to develop mindfulness and resilience	Aleena- it was very nice and peaceful. It was nice having a different experience Hooria- very calming and relaxing Taymiya- very calming and made me stop thinking for a little while which was good Shabnam- helped me get rid of stress Imaan- helped me reset mindset and how I look at things Misbah- erased all the bad thoughts I had Saffiyah- nice and peaceful. Nice having a quiet lesson
PILATES. I know how to live a healthy lifestyle	Asma- it was refreshing and a good way to start the day Khadija- it helped stretch my muscles Maimuna- was very exciting Dana- fun and exciting. Helped me focus and stop getting angry Amelia- something different
STAYING SAFE ONLINE. I know how to develop positive relationships and know how to stay safe	Imaan-was beneficial as it prepared me for possible scams Lyna- very educational Maryam- educated me to be wary of emails and possible scams Asma- was essential for us to know and realise how easily our details can get out
CANVASES. I have celebrated my personal heritage and I am proud of my Islamic and British Values.	Amelia- it's exciting. Aiyah - painting is relaxing. Khadiza Miah - found it very fun and helps connect with myself better.



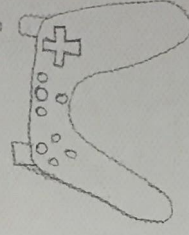
bangladesh



islam



Gaming



Amirah
Zaman