

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	YR 8
Date:	Wednesday 28 th February 2024
Activity	Student Evidence/Feedback
pilates I know how to live a healthy lifestyle	Anwaar- it was very relaxing and helped clear my mind Adeena- I felt like all my worries were gone and I wasn't worried anymore Nabila- it cleansed my soul and refreshed my mind
meditation I know how to develop mindfulness and resilience	Faiza- it was nice to release our negative feelings and ripping the papers Hajera- the meditation helped me relax and forget the negative things I have experienced or felt Nurulain- helped me become more aware of the beautiful world I am in
Canvases I have celebrated my personal heritage and I am proud of my Islamic and British values	Nurulain- made me feel proud of my identity Ilwad- helped me to express myself Manal- helped me express myself and show a different side to my personality
Online safety I know how to develop positive relationships and know how to stay safe	Khadija- it helped us protect ourselves from being victims of online scamming Aisha- It helped us learn what to do if we are getting scammed Nabila- helped us learn how to protect our own privacy and the privacy of others Faiza- it helps save you from leaking your passwords and account details online Fatima- it helped us learn to be careful with passwords etc and not share them with anyone

