

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	9
Date:	Wednesday 28 th February 2024
Activity	Student Evidence/Feedback
MEDITATION. I know how to develop mindfulness and resilience	   I really enjoyed this lesson, as it felt extremely relaxing and care-free. Me and my classmates felt very relaxed, and came out with our heads feeling lights. Not only was it an immensely therapeutic mental experience- we all felt the physical effect of it as well: "as if a weight was lifted off our shoulders". This was by far (as an unanimous opinion) one of the best and relaxing classes/experiences we have ever gone through. Jazakallah for it. Lastly, we all thought the rain background noise was wonderful, as well as the tearing up of our negative thoughts activity.)
PILATES. I know how to live a healthy lifestyle	Me and my classmates very much enjoyed this lesson, especially the quran recitations, as we all felt extremely relaxed and at peace. Furthermore, the poses were also fun and challenging, and certain

	stretches provided a wonderful release of tension in our bodies.  THE MESSENGER (MUHAMMAD) BELIEVES IN WHAT HAS BEEN SENT DOWN TO HIM FROM HIS LORD, AND (SO DO) THE BELIEVERS.
STAYING SAFE ONLINE. I know how to develop positive relationships and know how to stay safe	

CANVASES.

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



