

Drop Down Day Student Feedback

Learning Driver	Caring for ourselves – Spring Term
Learning Driver Strands	I am confident about my Islamic rights as a child I fully value inclusion in all aspects of society I fully value equality in all aspects of society I have had the opportunity to participate in Democracy
Year Group	EYFS
Date:	Wednesday 26 th February 2025
Activity	Student Evidence/Feedback
Washing a piece of clothing	The students took part in a washing activity. Children developed some simple skills that helped them to be independent. Students brought in a small garment from home and washed them using buckets, soap and water. Inaya: "We need to wash our clothes so that they are clean and shiny" Yusra: "The prophet (saw) told us to be clean"    
Making a healthy snack	Students made healthy fruit skewers. They put their fine motor skills to the test by using knives to chop the fruit, students chose which fruit they would like to have on their fruit skewer and then coated it in chocolate and ate it in class. Nusaybah: "There are vitamins inside fruits which make us healthy and strong." Safiyah A: "We need to eat healthily to make us grow and strong".    

Learning some yoga, mindfulness, exercise

Students were taught Yoga and mindfulness to help them focus on their breathing, help them understand the meditation and relaxation practice and made them aware of both the physical body and the emotional self. We will also did this by visualisation through adventure and story telling (**Jack and the beanstalk** and **The Hungry Caterpillar**).

Safiyyah S: **"When we did the yoga exercise by telling the story, we got to do exercise which is good for our body even though we felt tired"**

Fatima: **"When we laid down at the end of the story when we were turning into a butterfly, we got to relax and be calm, which is really important".**

The class: **"Yoga made us feel good because it makes us healthier."**

