



All Saints' Church School "Thoughtful Thursday"

Thursday 23rd October

Children will be taking part in **Thoughtful Thursday**, a special day focused on wellbeing, connection with nature, and learning beyond the classroom.

The morning will begin with a **walk** for all year groups, offering an opportunity to enjoy the outdoors, observe seasonal changes, and spend time together as a community. Children are reminded to bring **coats and wellies**, as we will be spending time outside.

Once back at school, pupils will take part in a range of meaningful activities throughout the day, including:

- **Storytelling in the yurt**, creating a calm and reflective space for imagination and listening.
- **Shamanic drumming workshops** in the hall, supporting rhythm, grounding, and mindful focus.
- **Physical activity** to promote wellbeing through movement.
- **Classroom-based mindfulness sessions**, such as yoga, forest school sketching and nature collecting, and sound walks around the school grounds.

We are looking forward to a reflective and uplifting day.

Please note that outdoor activities may be adapted if the weather is unfavourable.