

Superb news! As part of promoting mental health and wellbeing in Greengates Primary Academy, we have started setting up calm corners in each class. A calm corner is a small space in the room but somewhere designated for children to go when they feel dysregulated. It can provide a structured break to help children self-regulate so they can alleviate their distress and get back to learning. They contain simple, quiet activities that children can use to help them learn to identify and manage their feelings.

