

Play, Learn & Grow Together



Llangyfelach Primary School
Pengors Road, Llangyfelach, Swansea SA5 7JE

Headteacher: Mr Lee Burnell
Deputy Headteacher: Mrs C J Bate

☎: 01792 771497

✉ llangyfelachprimary@llangyfelach.swansea.sch.uk
www.llangyfelachprimaryschool.co.uk/

Happy Healthy Helpers meeting: 28.09.23

Agenda:

- TYFUD discussion

Minutes:

- Introduced to Mrs Hannah Brown who will be running TYFUD outside in the outdoor classroom.
- Looked at materials/ resources to use for Turn Your Frown Upside Down- using the fitness cards, mindfulness painting, mindfulness exercises, write a thank you card, sand tray, cosmic yoga, write down our worries and feed to monster, what makes you happy, what makes you sad.

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Attended: Mrs Gaffney-Jones and Happy Healthy Helpers

Action Plan for future meetings:

- Monday play ground games
- Lunch times

