

# Room 7 Update

On Tuesday we were lucky enough to be visited by Think and Be Me!

Think and Be Me travel around schools teaching students about mental health and emotional regulation.

They put on a fantastic show for us in the morning. It was all about worries and how they can affect us if we hold on to them.

They helped us to understand it is important to share our worries with people we love and trust.

Then after morning tea the Rotary Club organised an incredible afternoon of team games for the whole school! What an awesome day! Or in Room Seven's words; "Wow, well that was the best day ever!".

