

## **Stamp Out Stress**

Our SOS days are a great opportunity for students to try new activities to support the 5 Ways to Wellbeing (Connect, Be Active, Keep Learning, Give and Take Notice) whilst also developing their skills and knowledge around careers and their future options, as part of our Finding Our Futures programme in partnership with the University of Surrey.



### **Typical Activities have included:**

Year 11 have taken part in a variety of workshops to support their wellbeing – including yoga, art therapy, mindfulness and even had a chance to meet some therapy dogs! They have also met with local sixth form/college staff to support with their next step applications and taken part in exam preparation sessions.

Year 10 have been developing their problem solving and teamwork skills with help from the Army, as well as focussing on Work Experience, Duke of Edinburgh Awards and developing their mindfulness with Tai Chi, Yoga and Mindful breathing techniques.

Year 9 have had a focus on their Duke of Edinburgh Bronze Awards building their teamwork and planning skills to support their expeditions across the year. They have also taken part in STEM workshops with SATRO and had talks from academics from the School of Hospitality and Tourism Management at the University of Surrey. They also enjoyed a silent disco experience.

Year 8 took part in the Egg Drop Challenge, a team STEM challenge to protect an Easter Egg from a height. By taking part in university-led workshops, they have developed their debating skills and learnt about their different learning styles, and how they can apply these to their studies. They have also had a silent disco, softball, Gingerbread decorating and Christmas Crafts.

Year 7 have been visited by best-selling author, Maz Evans, and taken part in STEM workshops from SATRO around construction. They also had a taster of stunting and tumbling with the University of Surrey's Cheerleading Society, Surrey Angels alongside crafts, cooking and softball!