

# Time to Reflect At Trinity Primary

The Reflection Room, based at the Primary site, has been designed for multiple purposes. The importance of supporting mental well-being in schools is picking up momentum and we are very lucky to have a designated space to cater to our pupils needs.



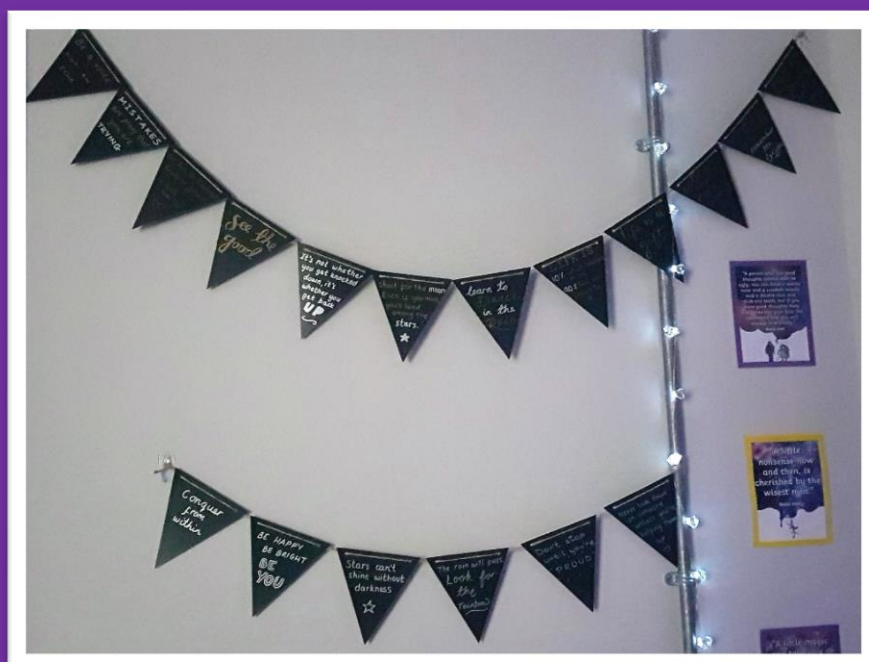
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Children with additional needs can access the sensory stimulation they may require in the form of bubble tubes, infinity mirror and a range of sensory toys, whilst we aim to nurture our pupil's mental well-being by providing a safe space filled with positive affirmations, soothing music and tactile objects proven to reduce stress and anxiety in children. Every pupil can access the Reflection Room (under adult supervision) and there are a range of resources and ideas available for staff to use.

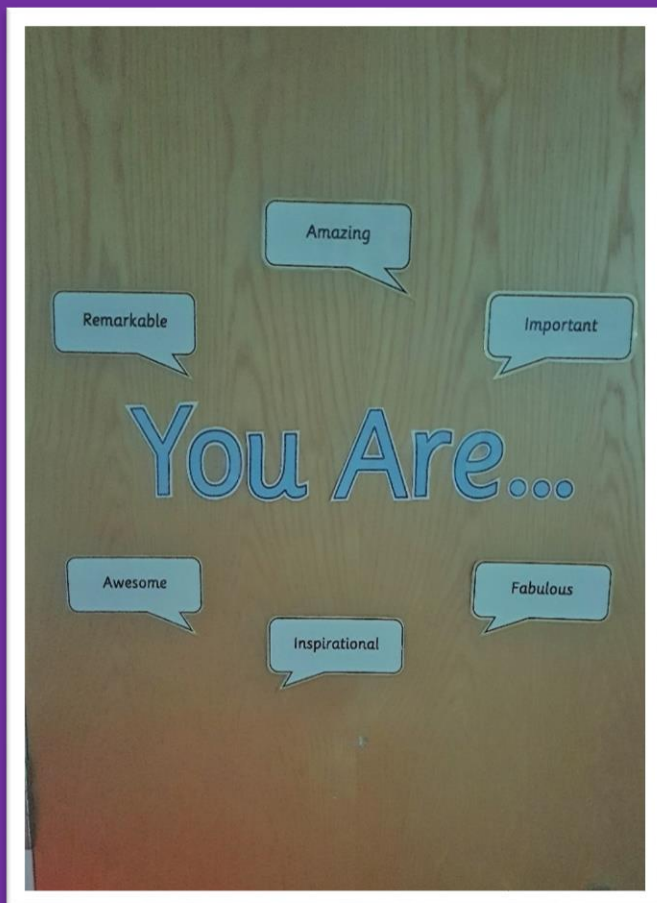


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Our staff also conduct a number of interventions in the Reflection Room, from one-to-one sessions focusing on Emotional Regulation to Speech and Language and Communication groups. Much of the work created by our pupils is proudly displayed around the room, demonstrating the equal importance of their well-being and resilience. It really is a great space!



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The room provides a space and time to reflect. It offers peace and confidentiality. The ultimate aim of the room is to empower individuals as independent learners and thinkers that will undoubtedly allow our children to develop and build on logical and critical thinking, as well as understanding their own behaviour. The objective is to create well-rounded individuals that can apply these skills when problem solving on their own.