

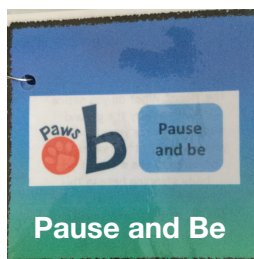
Hope that you and your families are keeping well.

I thought it would be useful to remind you all of the Paws b mindfulness training we enjoyed in the spring term with Laura Peirce. Do you remember how we learnt about how our brains work and how we can train our minds to help us in so many ways? This Includes to relax, cope and make positive decisions and support our wellbeing, which seems more important than ever at this time.

During Children's Mental Health Week, on the 5th February, we took part in 'Schools Sit Together' with thousands of other young people across the UK.



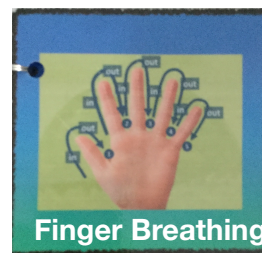
Did you know that it was 'Mental Health Awareness Week' from the 18th - 24th May, which got me thinking that it would be a good idea to remind you of our mindfulness training and some of the strategies we learnt. Perhaps you could share some of your skills with others, which are described on the keyring Laura gave to you:



Pause and Be



Belly Breathing



Finger Breathing



Petal Practice

If you follow the link below you will find a free audio download which you can use to help you practise mindfulness, just like we did together in class during our Paws b training with Laura. There is also a useful animation to watch too.

<https://mindfulnessinschools.org/schools-sit-together-for-childrens-mental-health-week-2020/>

If you want to learn more about 'Mental Health Awareness Week' and this year's focus, which is 'Kindness' (one of our Dhoon Values), then follow the link below.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>



Look after yourselves and each other and I hope to see you all again soon. Mr. Cross