

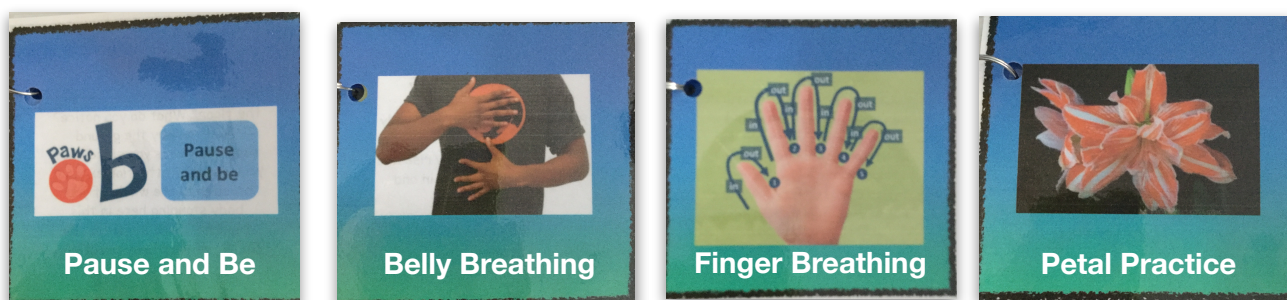
Hope that you and your families are keeping well.

I thought it would be useful to share some ideas from the 'Paws b' mindfulness training Y6 enjoyed during spring 2020 with Laura Peirce. 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 during these times.

During Children's Mental Health Week 2020 Y6 took part in 'Schools Sit Together' with thousands of other young people across the UK.



Did you know that this year 'Mental Health Awareness Week' from the 10th - 16th May? I thought it would be a good idea to share some strategies with you, including during our live lessons. Perhaps you could share some of your skills with others.



If you follow the link below you will find a free audio download which you can use to help you practise mindfulness, just as Y6 did in class during our Paws b training with Laura last spring. 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 'Nature', then follow the link below:

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



Look after yourselves and each other and I very much look forward to seeing you all again soon (not just in the 'online world':-). Mr. Cross

