

Our ref: JPC/MK
 Your ref:

"Mindful Monday"

11th February



- Massage
- Yoga
- Daily Mile
- Dance



Mindful Monday is all about good mental health and general wellbeing.

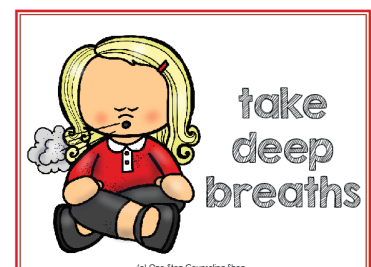
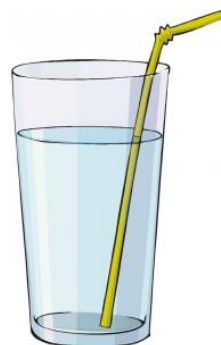
Ask your children if they know what these words mean:

Resilience Wellbeing

We would like to invite parents to attend a training session on Thursday morning, 14th February – 9:00 to 10:30 run by Mrs Harkness.

Some strategies to improve wellbeing are:

- ✓ Go for a walk
- ✓ Get up and dance
- ✓ Take deep breaths
- ✓ Have a glass of water
- ✓ Listen to music
- ✓ Read a book



Children to wear track suits / relaxed clothing

We would ask for a contribution of 50p per child to cover the cost of the outside provider.