

## Wellbeing – 1.6.20

Good morning everyone! I hope you have had a restful half term with your families. I am missing you all very much! I very much hope to see you at school soon!




Today we are going to spend some time catching up and sharing what we have all been doing over the half term!

### Calming Time

First, find a quiet space for some calming time. Have a go at the exercises below to help your mind to feel at peace.

## Just One Breath

### BREATHING ACTIVITY



Find a relaxing place, sit comfortably, and set a timer for one minute.


Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.




Take one more deep breath and hold for a moment, then release it.



## TENSE AND RELEASE

### MUSCLE RELAXATION

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving up the body for more relaxation.



## Breathing exercises

When we breathe calmly it helps our mind to feel at peace and our bodies to feel relaxed. Choose two breathing exercise below. Spend a few minutes on each.

## Calming yoga

Finally complete the calm down yoga below.



**I hope you are feeling calm and relaxed!**

### Task 1

**Post on the blog anything you enjoyed doing over half term. Maybe you went for a fun walk, bought a new reading book, or even cooked something new!**

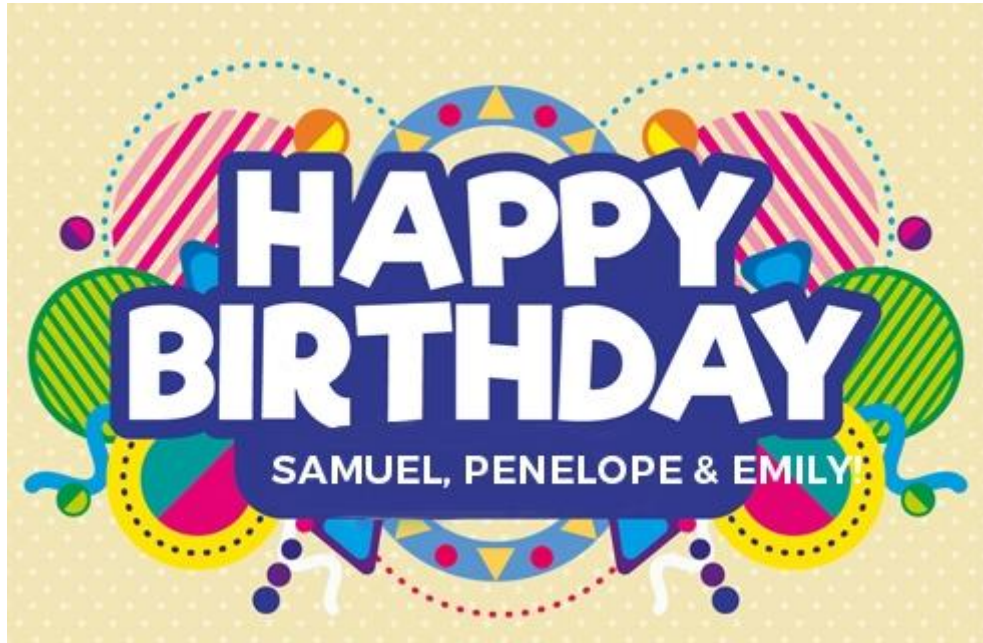
### Task 2

**Post on the blog your favourite blog tasks you have enjoyed so far and some ideas for future blog tasks! It is always so helpful listening to your feedback!**

*I will be back at St Vincent's today, so I won't be able to respond to your posts promptly but I will do throughout the day.*

## **Birthday Shout Outs!**

**To the children who have had a birthday since our last Birthday Shout Out!**



**I hope you had a wonderful day filled with treats!**

**Click [here](#) to see what your friends have been posting in our keeping in touch blog!**

**I look forward to hearing from you all today Class 3! xxx**