



Hi Families,

This week in class, we explored mindfulness by having a go at a mindful breathing exercise.

Mindfulness is about focusing our attention on the present moment and what we are thinking about. Our minds can get so full and busy with thoughts running around and this can make it hard to focus. Looking after our mind can have great positive benefits both physically and mentally, such as a reduction in anxiety and stress. This leads to increased levels of energy, happiness, and self-esteem.

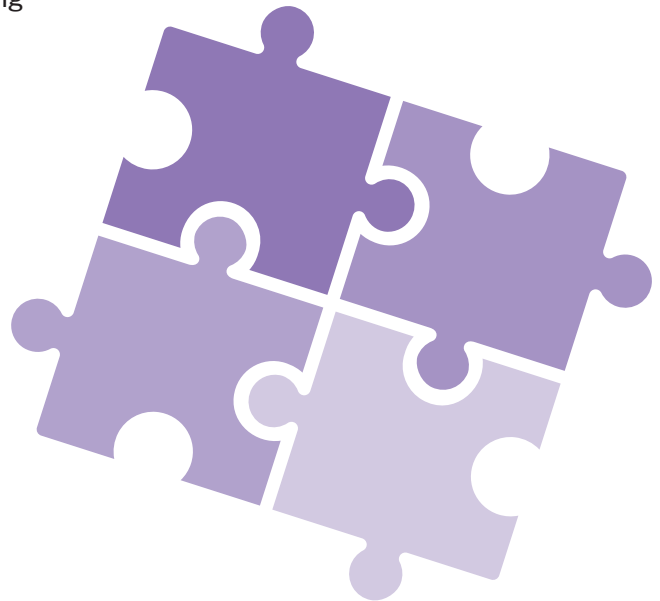
TRY IT AT HOME FAMILY ACTIVITY: PUZZLE CHALLENGE

YOU WILL NEED:

- Time together as a family.
- A jigsaw puzzle, or you can use the tangram template provided.

WHAT TO DO:

- Get together as a family. This may be after dinner or just sitting together in the living room.
- Enjoy beginning a new jigsaw puzzle and focusing on finding the correct pieces.
- Spend a bit of time as a family each evening trying to find a few more pieces until the puzzle is completed.
- If you don't own a jigsaw puzzle, you could try to complete a crossword or sudoku from a book or the internet.



Family Mindfulness habit builder:

Every night at dinner, ask everyone to take one mouthful of food more mindfully than the rest and think about the flavours they can taste and how it makes them feel. (They can also thank the chef!).

We would love to see what you are doing at home. Please share some photos or let your child's teacher know what you have enjoyed.