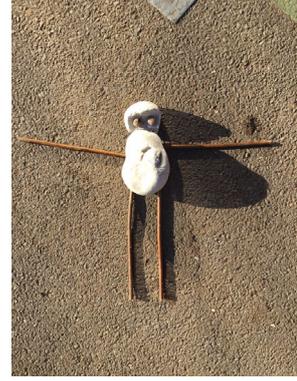


Wellbeing Week



Friday 10th February 2023

As part of Wellbeing Week, Farmers Class have taken part in several activities. We have introduced daily mindful breathing which we have used to decompress in a busy day! Our favourites were rabbit breathing and figure of eight breathing.

On Tuesday, we enjoyed a nature walk where we used our senses to explore the outside area. We also took the opportunity to create some transient art using natural materials.

Finally, we demonstrated our connections to other people by passing kindness around the circle. The children each said something kind to the person next to them.

Well done Farmers!