

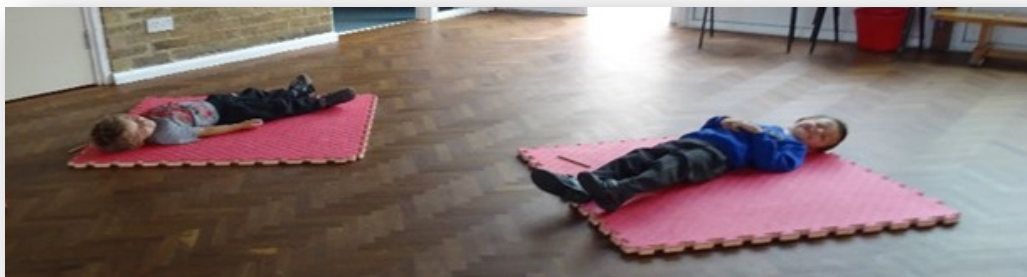
Summer 2020

As part of our recovery curriculum, focussing on children's emotional wellbeing, the children have participated in weekly mindfulness and yoga sessions with Mrs Baker.



Our tree of hope represents the childrens' hopes and dreams for when lockdown is over.

Here are some of the children participating in a “jellyfish” meditation and letting their worries float away.



Reception children enjoyed going on a
'Yoga Bear Hunt' and joined in enthusiastically!



Practicing their breathing exercises.

