
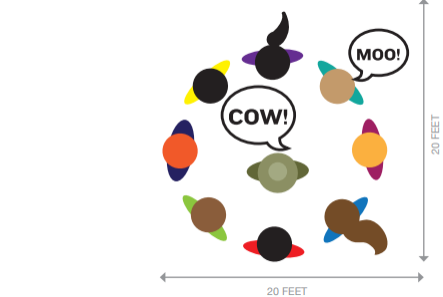
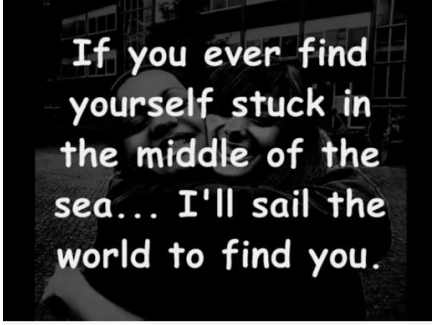


In school this week, we will be talking a lot about feelings and using these ideas. Please use them at home too to help you feel calm and relaxed.

<p>Mindfulness Video</p> <p>Listen to this guided meditation called Treasure Box</p> <p>There are lots of other 'Peace Out' videos too</p>	<p>https://www.youtube.com/watch?v=Id6PeFfAmeM</p>  <p>Treasure Box A Guided Meditation for Kids Peace Out</p>
<p>Talk Time (We call it Circle Time at school)</p> <p>This could be at meal time or just before bed.</p>	<p>Would you rather have a magic carpet that flies or a see-through submarine?</p> <p>Can you think of your own 'would you rather' questions?</p>
<p>Social Distancing Game</p> <p>Play a game with your siblings or parents</p> <p>Lots of other ideas here https://www.asphaltgreen.org/blog/rep-it-out-games-for-social-distancing</p>	<p>https://www.asphaltgreen.org/images/uploads/documents/REP_DOE_MANUAL_2020_animal_kin_gdom.pdf</p> 
<p>Values Song</p> <p>Listen and sing along if you know the words from Wednesday assemblies</p>	 <p>Bruno Mars - Count on me lyrics</p>