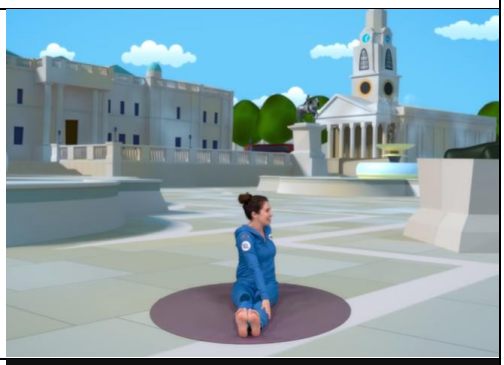
Year Two - Wellbeing. 6.7.20

Positive story/ time to talk https://www.youtube.com/watch?v=Ih0iu80u04Y The colour monster by Anna Lenas	How are you feeling? What colour are your feelings?
Mindfulness https://www.youtube.com/watch?v=aldgkivX9-A Relax and peace out.	
Keep active **Cosmic kids** Can you do yoga? Can you copy these actions?	
Song We love to sing. Remember this song from assembly? Reach for the stars. S Club 7. Can you reach for the stars?	