

Year 1



Hi Year 1!

This week (18th-24th May) is Mental Health Awareness Week and this year's theme is kindness! We are challenging you to do something kind for your loved ones at home. You can even earn a Kindness Cup trophy using the Place2Be website listed here:

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/may/award-a-kindness-cup-for-mental-health-awareness-week/>

We hope you all have a relaxing and safe half term! We look forward to seeing you again soon.

From Miss Bantock, Miss Henderson and Miss Mannie



MIND UP™
The Goldie Hawn Foundation

It has been lovely to see that some children have been using their Mind Up techniques at home. We know quite a few of you have made your own Amygdala shakers (glitter bottles). All you need to make one is a clear bottle or jar, some water and glitter! To use a glitter bottle, you shake it whilst concentrating on your breathing and watch the glitter swirl/fall. These can help you and your child with worries, frustration, stress and sensory needs.



Challenge of the week!

How can you be kind this week?

DID YOU KNOW?



Fascinating Facts!

1. The Queen has 2 birthdays.
2. Your heart is about the same size as your fist.
3. Apples float on water.
4. Australia has the most amount of reptiles in the world!

Throw Kindness
around like
Confetti

