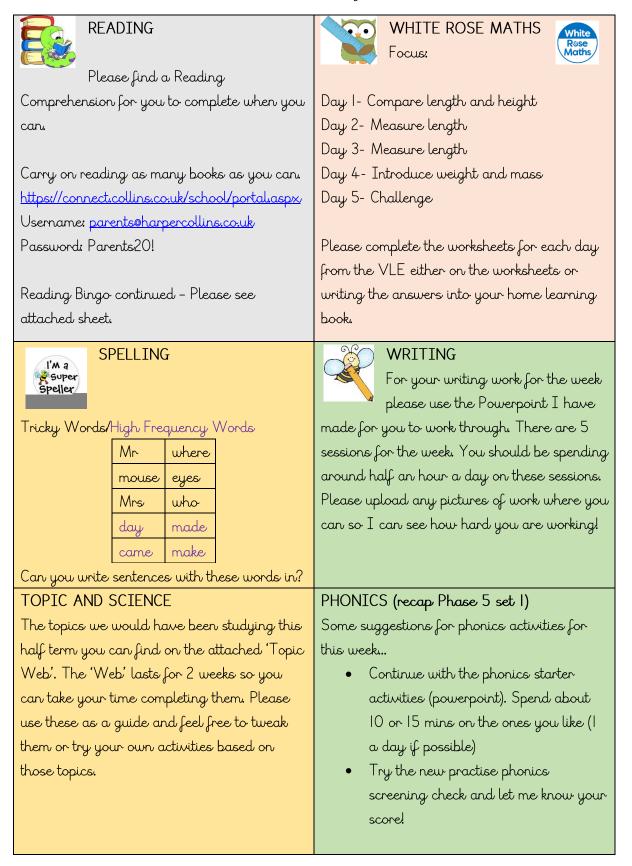
## YEAR I HOME LEARNING

WB 18th May 2020



## PSHE

You might be feeling lots of emotions at the moment and that's ok. Have a look at the attached sheet of Health and Wellbeing activities that might help you feel calmer and happy.

Remember Yoga and meditation is also fun to

try. Cosmic Kids Yoga on

Youtube and the

Headspace App have

activities you can try too.



Remember the most important thing right now is to stay safe and healthy.

Please look after your family and make sure that you are being kind and trying your best all the time.

