



This year we are so lucky in Year 3 to embark on our Mindfulness journey. Each week we have a focussed Mindfulness lesson to develop our skills and strategies to tackle our learning with resilience and enthusiasm. But that isn't the only time we use it. We aim to stop and pause for some meditation, mindful walking or reflection each day. This helps to remind us: how lucky we are; what we have to be thankful for; what strategies we can use if we feel worried, stressed or anxious, so we can be the best we can be. This week we loved trying out some mindful eating!

