

Good morning Year 5,

Some fantastic mixed up animal reports this week- well done! We will spend some time editing them tomorrow. Today is our mental health awareness day so I have set no English, Maths or topic tasks to give you time to focus on the activities that Mrs Caplan sent you yesterday (map of my heart and 3 positives)

It would also be great if you also tried some mediation or yoga- you could try:

<https://www.youtube.com/user/CosmicKidsYoga>

<https://yogawithadriene.com/yoga-for-kids/>

<https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/>

Remember our **5 ways to wellbeing** : connect, be active, give, take notice and keep learning- trying to complete these will really help you to stay positive when we are out of our normal routine. I have reminded you of some ideas for these in today's assembly.

Since it's so rainy today why not try building an indoor den, or just snuggle up on the sofa and listen to chapter 13 of The Nowhere Emporium. You could try recording a chapter of the book you are reading for someone else to listen to as well!

Have a lovely day and remember to send photos of your activities.

Year 5 team