

## 5 Ways to Wellbeing



As part of our 5 Ways to Wellbeing, take notice is where we take notice of the world around us as well as our thoughts and feelings. We have been practising daily mindfulness in class, here's what some of our children have to say about it.

“I love the way it makes me let all of my worries out, it makes me feel happy.” – Niamh, Year 5

“I like it because it's like you leave this world and go somewhere else!” – Cohen, Year 5

“It makes me warm inside.” – Troy, Year 4

“It helps you calm down and concentrate for the afternoon.” – Maisie, Year 6

“It makes me concentrate and feel relaxed.” – Jude, Year 2

“It refreshes my mind and I can be creative!” – Lillie, Year 2