



Week 7 Mindfulness

Our theme for Week 7 is **mindfulness**. The children have explored why mindfulness can help us feel happier and also learned some techniques for practising mindfulness.

Many children took part in mindfulness workshops run by One Day Creative. They discussed how you can be mindful in the way you eat and the way you appreciate the natural things around us. KS2 also took part in workshops run by Philosophy For Children – taking time to think about ‘big questions’.

The children have also been learning about the First World War and thinking about the centenary of the armistice. Each class has made a beautiful poppy wreaths which were laid in the church service. There is a poignant link to mindfulness week as we use the two minutes silence as a time to reflect on this important anniversary.

