

Wellbeing Tip of the Week!

by Saba, Christ Church NW3 Primary School

Have a you day!

Spend a day focusing on you! You can finally feel relaxed after a long week of school or work. Try and find somewhere you can go where you feel comfortable and can do something you enjoy, such as:

- Reading a nice book
- Listening to music
- Reflecting on your day
- Doing some meditation

These things can help you feel less tense or stressed. There are many more things that you can do to help you feel relaxed, but these are just some of MY favourites. Give some time to yourself!

