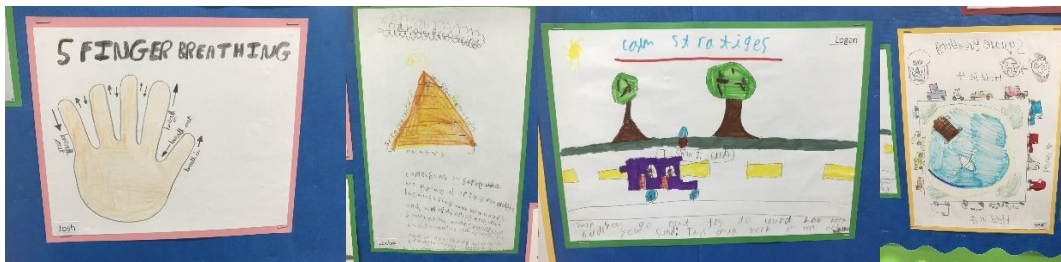
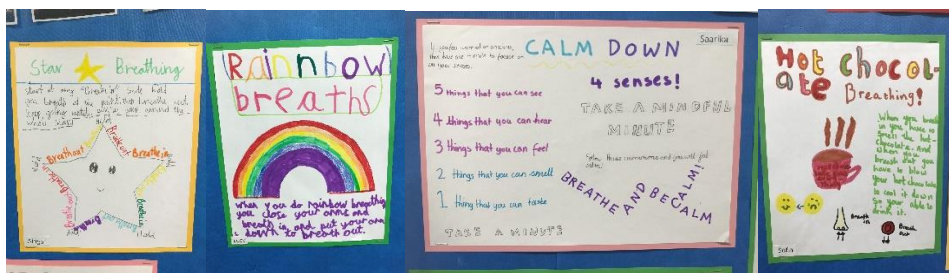


Wellbeing Committee Newsletter

On Thursday 30th November, we held our wellbeing committee meeting for this half term. The focus was 'Relaxation and calming strategies'. We talked about when it might be useful to know some breathing exercises, such as when we start to feel angry, upset or worried about something. We practised some breathing exercises then the class reps made posters to show each one, which are now displayed on the wellbeing noticeboard. The children agreed that the breathing exercise they were most likely to try themselves was the 'Hot Chocolate Breathing'.



For more ideas on breathing exercises, follow these links:

[Deep Breathing Exercises for Kids — Coping Skills for Kids](#)

[12 Fun and Easy Deep Breathing Exercises For Kids - Moshi \(moshikids.com\)](#)

The next wellbeing committee meeting will take place next half-term and the focus will be self-esteem.

Have a great Christmas!

Mrs. Simons