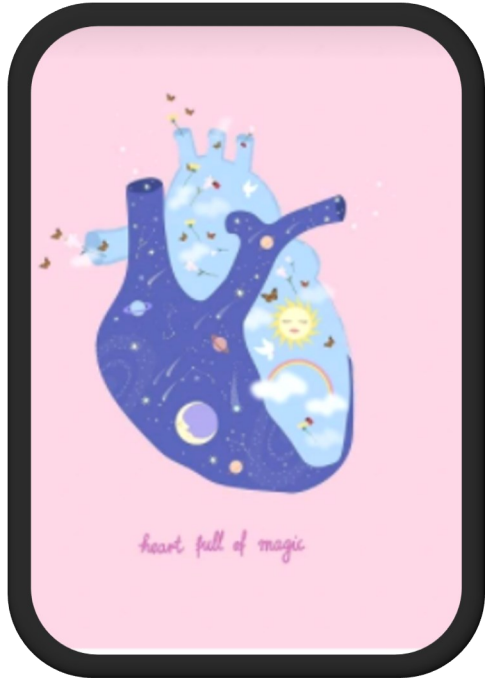


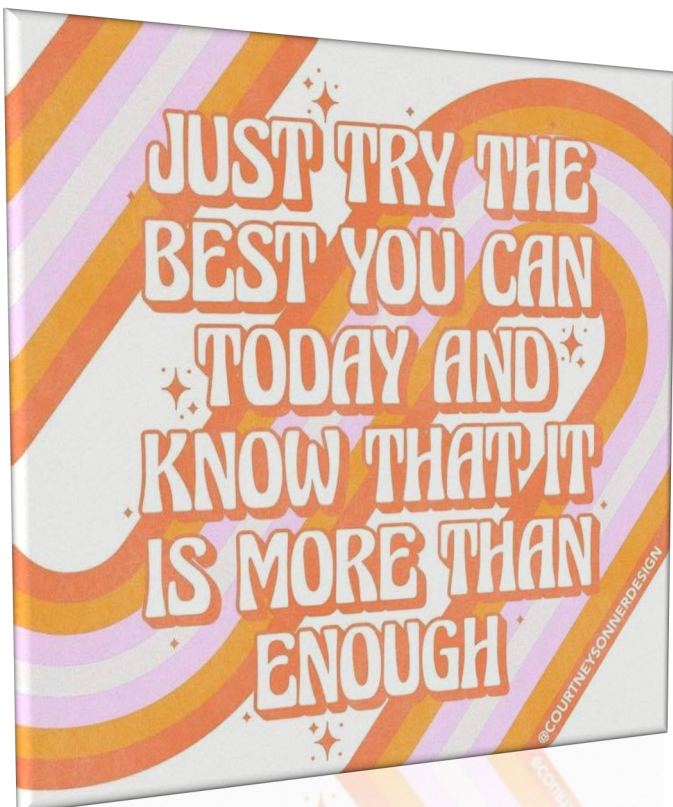


BY BEING YOURSELF,
YOU PUT SOMETHING
WONDERFUL IN THE
WORLD THAT WAS NOT
THERE BEFORE.



heart full of magic

YOUR **MAGIC**
ISN'T MEANT TO BE
LIKE ANYONE ELSE'S



@COURTNEYSONNERDESIGN



@ohopeunder

@synthesizer

Fun Facts!

MAN REUNITED WITH PROSTHETIC LEG AFTER IT WAS FOUND ON A TREASURE HUNT



THE HAPPY NEWS

INDIA'S WILD TIGER NUMBERS ON THE RISE



The annual four-yearly survey of wild tigers in India has reported that there are now 2,967 tigers in the country, up 74% from 1,706 in 2010. Nepal also achieved a rise and now has 235 tigers, up 94% from 121 in 2010.


THE HAPPY NEWS

©THEHAPPYNEWSPAPER

SEA TURTLE POPULATIONS SOARED BY 980% AFTER LEGAL PROTECTIONS



THE HAPPY NEWS



©thehappynewspaper

SCOTLAND PLANTS 22 MILLION TREES TO TACKLE THE CLIMATE CRISIS

CLIMATE CRISIS TO TACKLE THE

THE HAPPY NEWS

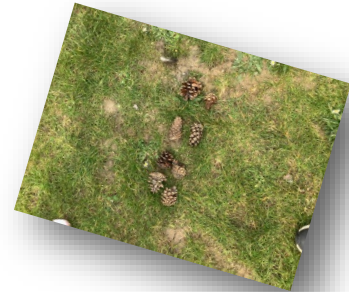
DID YOU KNOW?



HORSES SLEEP ONLY 2 HOURS A DAY ON AVERAGE.

Year 1...

In Year 1 they have been learning about arrays. They have explored the concept using a range of different resources inside and outside the classroom.

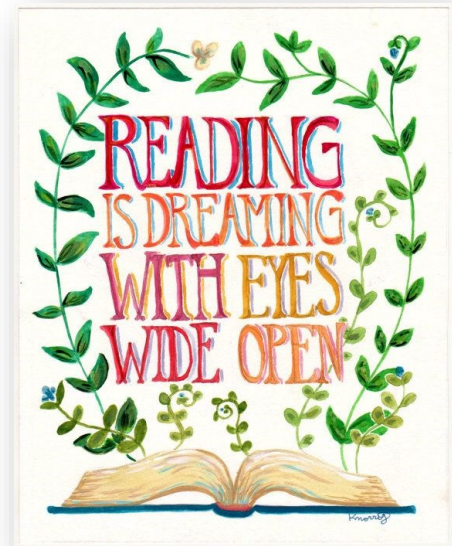


In art they have been learning about collages, inspired by Vincent Van Gogh. They have been so creative using a range of different resources to explore texture and colour.



Look at us...

How aspirational!! Well done to Mohib and Rebeca in Russia class, who have both read ALL 25 of the books on the Year 5 bingo list! There is nothing stopping them...



What books are you reading? Do you read in any peculiar places?



Excitingly, the year 6 children have been loving delivering the Tuckeroo service every Friday. Did you know that they have even been doing it in a COVID friendly way? They are amazing!!

Year 3 Egyptian Day!

Year 3 had a blast last term, celebrating their topic learning with all things Egyptian. They made papyrus paper, danced like Egyptians, created pyramids and definitely had a giggle.



Meaningful May

Meaningful May 2021

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Make a list of what matters most to you and why	2 Do something kind for someone you really care about	3 Focus on what you can do rather than what you can't do	4 Take a step towards an important goal, however small	5 Send your friend a photo from a time you enjoyed together	6 Look for people doing good and reasons to be cheerful	7 Let someone know how much they mean to you and why
8 Set yourself a kindness mission to help others today	9 Notice the beauty in nature, even if you're stuck indoors	10 What values are important to you? Find ways to use them today	11 Be grateful for the little things, even in difficult times	12 Listen to a favourite piece of music and remember what it means to you	13 Look around for things that bring you a sense of awe and wonder	14 Find out about the values or traditions of another culture
15 Do something to contribute to your local community	16 Look up at the sky. Remember we are all part of something bigger	17 Show your gratitude to people who are helping to make things better	18 Find a way to make what you do today meaningful	19 Send a hand-written note to someone you care about	20 Reflect on what makes you feel valued and purposeful	21 Share photos of 3 things you find meaningful or memorable
22 Find a way to help a project or charity you care about	23 Share a quote you find inspiring to give others a boost	24 Recall three things you've done that you are proud of	25 Make choices that have a positive impact for others today	26 Ask someone else what matters most to them and why	27 Remember an event in your life that was really meaningful	28 Focus on how your actions make a difference for others
29 Do something and revolutionise your morning tonight	30 Today do something to care for the natural world	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Join a supportive community of 150,000 people using the Action for Happiness app.



Check out these breathing techniques...

Pinwheel Breathing

(5 minutes)

Providing students with an object to focus on is a great way to encourage concentration during mindfulness lessons.

Use pinwheels in conjunction with the mindful breathing exercise above, making the pinwheel spin with every exhale...

Belly Buddies

(10 minutes)

Ask students to bring in a small stuffed toy, or provide a class set of small, light-weight objects such as small bean bags or wooden blocks.

Students lay on their backs and place the toy or object on top of their belly buttons.

Take students through the guided breathing activity above, asking them to watch the object as it moves up and down with their breath



Breathing Hands

(2 minutes)

Spread one hand out like a star.

Use the index finger on your other hand to trace the outline of your star hand. Take a deep breath in as you move to the top of your thumb.

Breathe out as you move down between your thumb and first finger.

Take another breath in as you move to the top of your first finger.

Breathe out as you move down between your first and second finger.

Repeat until you have taken five slow, deep breaths.



Go on a SAFARI

Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.



Notice the bugs or the birds. Take a moment to kneel down and touch the earth.

Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



Big Life Journal - biglifejournal.com

BE THE SUNSHINE

Big Life Journal - biglifejournal.com



Always be yourself

Outdoor Activities for Mindfulness

www.thepathway2success.com



Gardening



Taking a Walk



Blowing Bubbles



Watching Wildlife



Watching Clouds



Going on a Scavenger Hunt



Mindful Breathing



Drawing with Sidewalk Chalk



Reading Under a Tree



Walking Barefoot

Clipart by Kate Hadfield & Ashley Hughes



MY COPE-CAKE

Things that help me feel calm:

Places where I feel calm & safe:

I am:

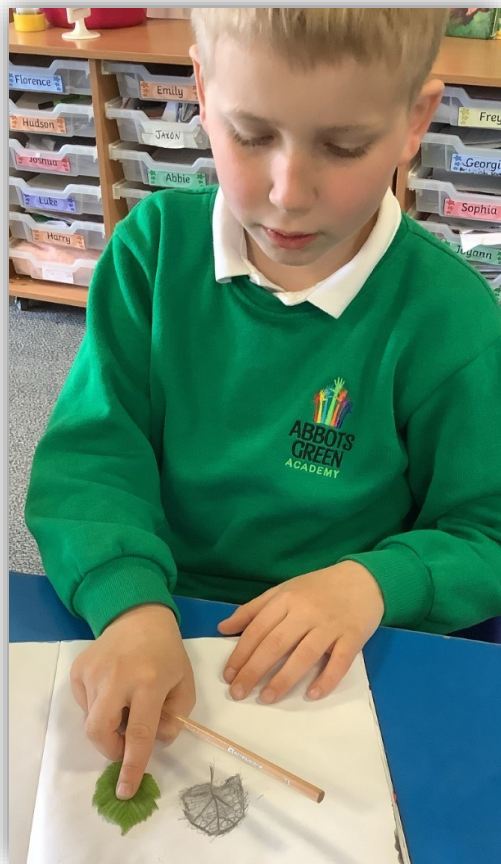
Positive thoughts:

People who help me:

SAY SOMETHING BEAUTIFUL TO THE WORLD.
(IT CAN BE IN YOUR OWN SECRET LANGUAGE OR CODE)

Year 3

Year 3 have been showing their independent value this week. They have been identifying and classifying plants in science. This was demonstrated in their art work too, as they have creatively drawn and painted different types of leaves from around the world.





Have a look at these apps for children...

[Stop, Breathe & Think](#)

A free tool to guide people of all ages through meditations for mindfulness and compassion. Year 3 also love d the idea that we have our own force field!

[Smiling Mind](#)

Smiling Mind is a free mindfulness meditation app for young people to help combat stress, improve focus and increase resilience.

[Gratitude](#)

"We are what we repeatedly do." This app is all about rewiring your brain by regularly practising awareness of the positive things in life. Year 3 like how easy it is to enter your 'five good things' and that you get a nudge to remind you to do your entry for the day, just in case you forget.

[Breathe, Think, Do with Sesame](#)

This app is for younger children to learn skills such as problem solving, self-control, planning, and task persistence. Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges.

[Headspace for kids](#)

This is a great app to introduce children to meditation. Just like us they want children to be healthy and happy, not just now but for the rest of their lives.

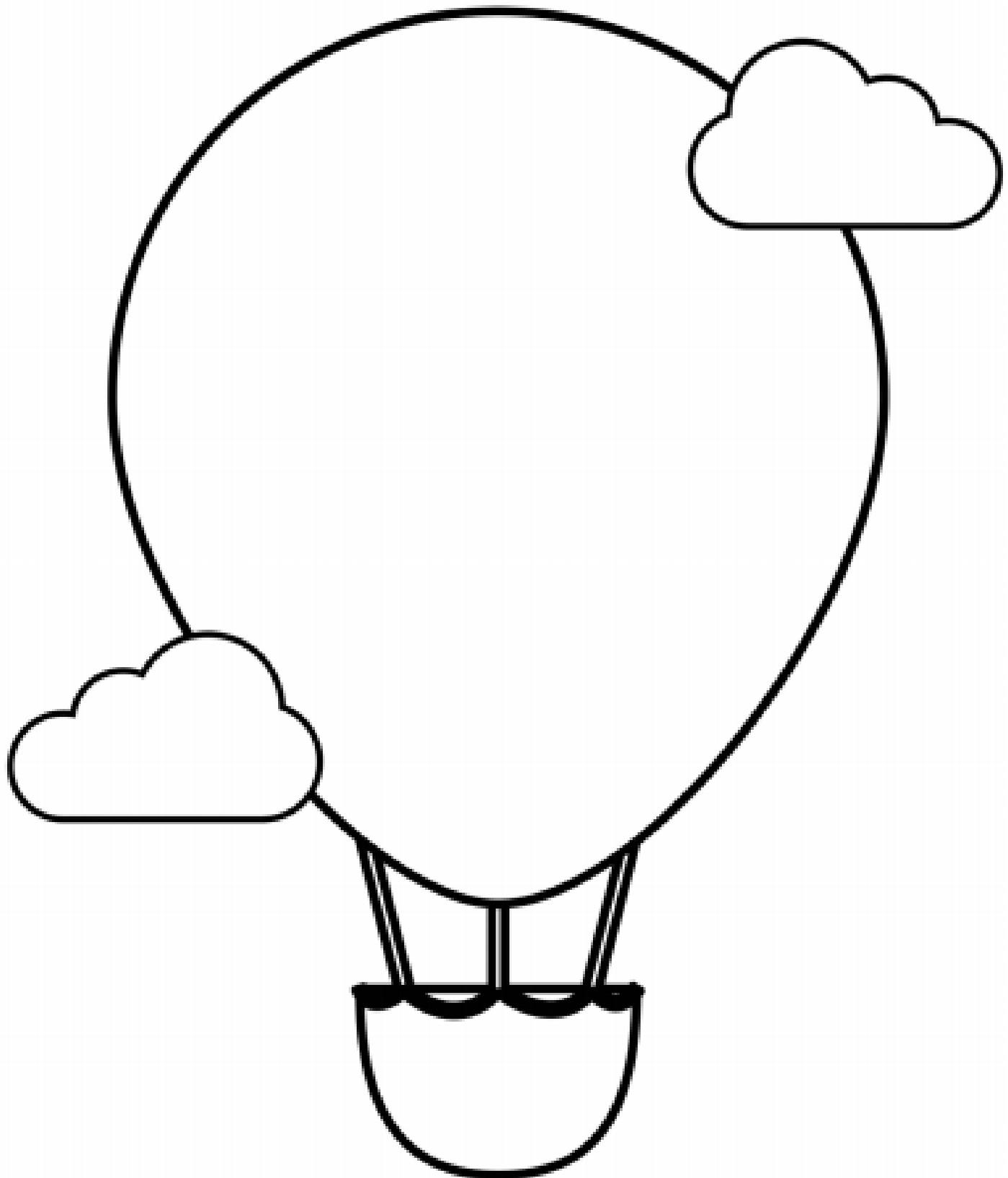


Breathing
TECHNIQUE



Adventurous Kids Balloon Meditation

Write or draw all your worries inside the hot air balloon. Sit comfortably & close your eyes. Imagine your hot air balloon drifting away up in the sky getting smaller & smaller with all your worries inside.



Happy 1st Birthday Evergreen!



Look at these smiley faces!!



"Look up at the stars and not down at your feet."
We welcome new families to explore our Evergreen Nursery, with curiosity at the heart of all that we do.
Evergreen Nursery allows our children to access an organic approach to learning, in the natural and explorative inside and outside to our woodland grounds. We look forward to welcoming you to our 'Hello, Green Family'!
Children are able to start Evergreen Nursery a term after their second birthday.
For further information email: cyn@evergreen-nursery.co.uk
We look forward to meeting you soon!



We cannot believe that Evergreen Nursery have celebrated their 1st birthday. We look forward to many more. Hip Hip Hooray!!

HIP HIP HOORAY!

Adventurous Kids Maze

Reunite each child with their family



The next issue will be out on Friday 12th June