



St Bernadette's Catholic Primary School

'Doing our best for God'

The Yogi Group Mental Health Day

Dear Parents/Carers,

As part of Mental Health Week, we have been offered a free day for all our classes to take part in activities that support children's mental health. This will take place on the **14th March**.

On this day, **all** children will need to come in their PE kits. All classes will be given a 30 minute session linked to 1 or more of the sessions below:

Key Stage 1	Key stage 2
Key Stage 1 - Guided meditation - Breathing techniques - Fun and inspiring movement stories - Resilience and mindfulness activities - Positive affirmation circles - Healthy habits	- Introduction to mindful movement and mindfulness and how to use this in school life - Breathing techniques and guided meditation - Positive affirmations - Resilience activities - Movement poses ideal for stress relief - Exam stress and techniques to deal with these emotions - Healthy habits.

If you have any questions, please do not hesitate to get in touch with me.

Yours sincerely,
Karen Pearson
Assistant Head



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