

Over the Easter break we are going to challenge you to create your own book of mindfulness. This is going to be a place of artistic endeavour where you collect pictures, colouring pages, poems, quotations, patterns, graffiti, lettering – whatever it is that brings you HAPPINESS! You can use paper, card, a scrapbook or do it digitally. The idea is that it is a resource for you to use; something fun for you to do as and when you want! My book is going to have doodles, photos and lots more – what will you include? As you can see, I have already started gathering some ideas. It would be great if we could share our work (anything that we are especially proud of creating) after Easter.



HAVE FUN,

From the Year 6 Team