


09:00 – 09:30	09:30 – 10:30	10:45 – 11:30	11:30 - 12:15	13:00- 13:30	14:00 - 14:30
ASSEMBLY	GIVE	KEEP LEARNING	BE ACTIVE	TAKE NOTICE	CONNECT - ZOOM
<p>Assembly</p> <p>An introduction to our mental health awareness day under the theme Express Yourself. We are going to spend the day working on 5 pillars for positive mental health:</p> <ul style="list-style-type: none"> • Give • Keep Learning • Be Active • Take Notice • Connect <p>You can change the time of all of these to suit your family. Connect will have to remain at the same time for your year group</p>	<p>Can you draw a picture for someone that you love? Have a go at writing what you have drawn. Don't forget to write who it is for.</p>	<p>Choose one of the activities from the picture to complete. Please let us know which one you have chosen. Feel free to do more than 1.</p>	<p>Can you join in with cosmic yoga meditation lesson.</p>	<p>Go for a walk outside and have a listen to the sounds in the environment. What can you hear? How many different sounds can you hear? What colours can you see? Please then either take a picture/draw or paint what you have seen.</p>	<p>Please join our zoom call and make sure to dress to impress! Wear your favourite clothes. Make sure to send a photo of you in your favourite clothes.</p> <p>To join our zoom call please use the link from the previous zoom.</p> 

Please photograph yourself doing these activities and let us know how you felt and what you enjoyed.

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