

Seven steps to

Mindfulness Meditation

Can you create your own games at home to test your problem solving and physical skills?

All the family can get involved and enjoy the fun time together

All you need is

- . 9 white Paper plates
- . Any coloured Pen
- . some tape or card to mark out the outline

As we enter the 3rd National lockdown our NHS and frontline workers need our support even more.

The rainbow has become a symbol of support for people wanting to show their support for the NHS and frontline workers, during the 1st lockdown displaying rainbows in windows

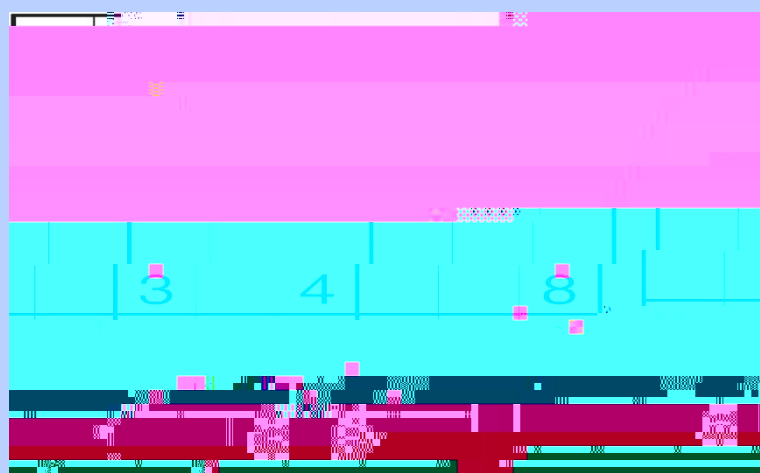
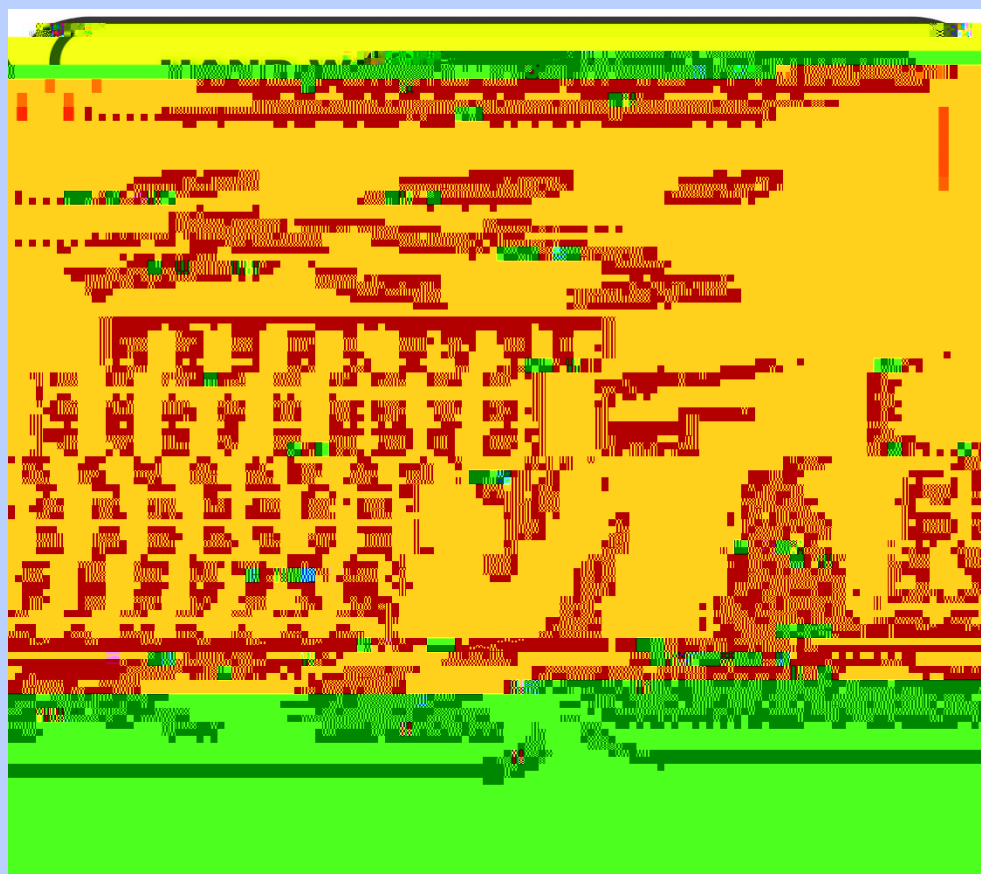
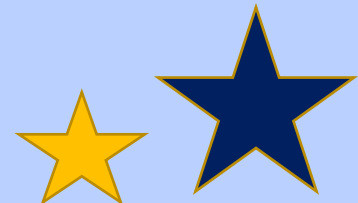
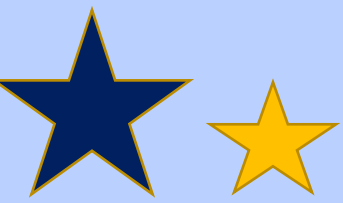
Here is a photo of my rainbow



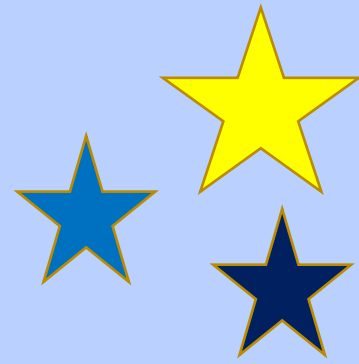
Send your rainbows in to us at rainbow@nhs.uk and you will see yours displayed in our next newsletter.

and maybe





INTERNATIONAL COOPERATION



Is your child/ren off school due to the lockdown?

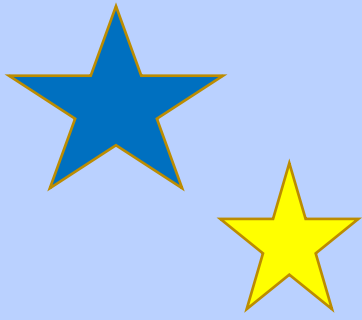
Is homeschool proving difficult?

Did You Know the BBC Bitesize are offering free lessons online to children of all ages

Go to www.bbc.co.uk/bitesize

Here is this weeks lockdown learning starting at 9am each morning

The screenshot shows the BBC Bitesize website interface for 'Lockdown Learning' from Monday 11th to Friday 15th January. The page is organized into a grid of lesson cards. At the top, there is a navigation bar with tabs for 'Monday', 'Tuesday', 'Wednesday', 'Thursday', and 'Friday'. Below this is a section titled 'Primary Learning on CBBC' with a search bar and a 'View all' link. The main content area is a grid of lesson cards, each with a subject icon and a title. The subjects visible include English, Maths, and Science. The interface is colorful and user-friendly, designed for children's use.



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