

Easter Mindfulness - missing you all!

Just when we were about to put our winter coats away, they have seen renewed use this week; the wind has had a nip in the spring air, and we haven't enjoyed it much! Looking forward to better sunny weather this weekend. Nevertheless, whatever the weather, we have to wrap up warm and brace the fresh air during our much looked forward to, leave the house daily, exercise.

I believe most of us have started a weekday routine and have found it helpful. Regular breaks are planned within it, as is lunch, flexibility on tasks and a finish time. We must also remember that not everything goes to plan- our timetables are often influenced by occurrences, tasks or events that are unexpected and we have to adapt (as we do when we are in school). I was not expecting it to rain on my washing today (a usual occurrence if ever there was one) and it rather disrupted by timings! In a strange sort of way, I took comfort in these uncertain times that even our unpredictable weather has a certain amount of disorder within it.

Over Easter, use your home learning grid, our web page and your own imagination for ideas to keep busy with. Stay flexible but plan to do something special every day. Before putting the recycling in the blue bin, think about whether that tube's destiny is elsewhere.

Sing on a regular basis; it remains one of the best ways to keep cheerful. Choose songs with strong beats, rhythms or phrases that 'hook' you in, encouraging you to tap, sing or hum along. It's amazing how buoyant it can make us. I forwarded 'The Bare Necessities' to Mrs Reynolds yesterday as it is addictive and positive. She was not so agreeable! I guess our love of music is unique to each and every one of us. The Spice Girls 'Wannabee' may also be a good choice. I am sure you could forward your favourites to our class email

owls@urchfont.wilts.sch.uk and maybe we could eventually give you a listening list. We might even forward it to Mrs Reynolds!

We still continue to miss you all and you remain in our thoughts. Stay mindful of your mental wellbeing and think positively.

**Instead of feeling
disgruntled, make it your
job to be someone else's
sunshine today.**

**Set up a daily routine, we
take comfort in knowing what
is coming our way.**

**Remember that guy that
gave up? Neither can anyone
else. Keep trying to keep
succeeding.**