



**A Note
from Mrs
Hall**

Much love



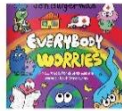
Hello treasures.

I thought I'd just check in with you as I have a few little things you might want to look at while you're at home staying safe. I'm still spending time in my garden, looking after my cat Molly and doing lots of painting but please, I still don't want you to tell Mrs Graham. I've made you another colouring sheet to keep you busy too, this one has Molly on it. I'm thinking that if you colour it in and ask Mams and Dads to email it to me I'll ask Mr Hall to choose a winner and I'll think of a little prize. Colouring in is a good thing to do as it helps to keep you calm. Some of you may be feeling a little troubled and anxious right now, and that's okay as things are different and not as they usually are for us because of the virus but there are ways that may help you to stay calm and help to take some of your worries away.

Here are a few you might want to try:-

**Books to read or listen to
on YouTube:-**

**Lucy's Blue Day (Chris Duke)
Lucy's in Lockdown (Chris Duke)
Everybody Worries
(John Burgerman)
Silly Billy (Anthony Browne)**



**Join in with Dough Disco
sessions every weekday
on YouTube (Shonette
Bason-Wood
#spreadthehappiness TV)**



**Ask Mammy's and Daddy's to
do 'A Rainbow of Colour'
meditation by R & R Therapy
(I've asked Mrs White to add
it to the app for you)**



**Enjoy a walk, look around
you and appreciate nature
- hug a tree, listen to the
birds singing and admire
the flowers.**



**Draw pictures, paint or colour in
- email them to me,
(l.hall@bcfed.co.uk)
I'd love to see your beautiful
creations.**



**Practise your special
breathing. Breathe in
through the nose and smell
the flower, breathe out
through your mouth and
blow the petals.**



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