

Whitstable Junior School

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Friday 17th April 2020

Dear Parents and Carers.

Hello and welcome to this week's **Feel Good Friday** letter. We hope that you have had a good week – the lovely weather certainly helps while we all stay home to save lives. **Feel Good Friday** is a great opportunity to stop and think. This Butterfly meditation video will help you all feel calm and relaxed. It certainly worked for my family \odot

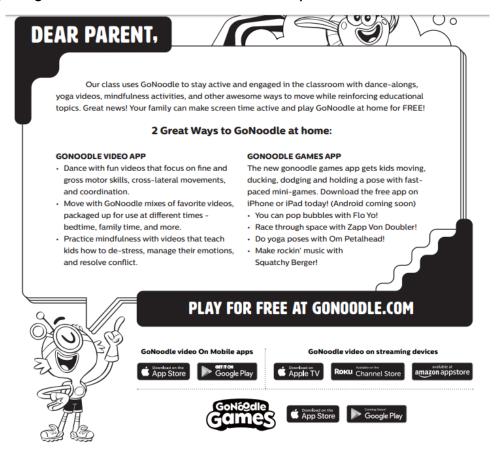
https://www.youtube.com/watch?v= mX4JBBIcBk

Also, at the request of Mrs Harris, here is the Go Noodle Maximo tightrope video.

https://family.gonoodle.com/activities/tightrope

So, shall we begin? Yes, yes we shall!

We enjoy using GoNoodle at school and below is a way to use GONoodle at home.



Have a great weekend and see you next week.

Ms Collin, Leanne and Naomi. The Wellbeing Team















