



Whitstable Junior School

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Dear Parents and Carers,

Hello and welcome to this week's **Feel Good Friday** letter – we've made it through another week and we can't quite believe it is May already!

Today's Feel Good Friday activity is a meditation based on the Worry Shell:



<https://www.youtube.com/watch?v=aX9PUQcdQ2U&feature=youtu.be>

We also want to say:



You are all – parents/carers and children - doing amazingly! We have all achieved so much already. We have managed to adapt to what is going on around us by showing amazing resilience. There is no 'right' way to respond to these times because it has never ever happened before. Give yourselves some credit and be kind to yourselves; there is no one in the whole world who has figured this out yet, so it's absolutely ok if you don't either.
#staysafe

Have a great weekend and see you next week.

Ms Collin, Leanne and Naomi.
The Wellbeing Team

