

Whitstable Junior School

Oxford Street, Whitstable, Kent, CT5 1DB

Tel: (01227) 272385

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Friday 12th June 2020

Dear Parents and Carers,

Hello and welcome to this week's **Feel Good Friday!** We do hope you have all had a good week.

Today we have chosen a rainbow waterfall guided meditation:

https://www.youtube.com/watch?v=7j_Na4Baoaw

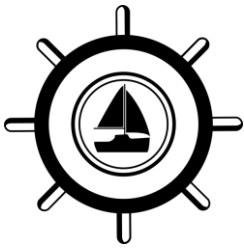


So find a space and allow yourself some time out to relax for a while...

The second thing to think about today is how we can **notice and challenge our thoughts and worries about uncertainties using the Apple Technique.**

- **Acknowledge**
 - Notice and acknowledge the uncertainty as it comes to mind.
- **Pause:**
 - Don't react as you normally do. Don't react at all. Pause and breathe.
- **Pull back:**
 - Tell yourself this is just the worry talking and this apparent need for certainty is not helpful and not necessary.
 - It is only a thought or feeling. *Don't believe everything you think.*
 - Thoughts are not statement of facts.
- **Let go:**
 - Let go of the thoughts or feelings. It will pass.
 - You don't have to respond to them. You might imagine them floating away in a bubble or cloud.
- **Explore:**
 - Explore the present moment, because right now, in this moment, all is well.
 - Notice your breathing and the sensations of your breathing.
 - Notice the ground beneath you.
 - Look around and notice what you see, what you hear, what you can touch, what you can smell. Right now.
 - Then shift your focus of attention to something else - on what you need to do, on what you were doing before you noticed the worry or do something else - mindfully with your full attention.





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We hope you have a lovely relaxing weekend and a good week to follow.

Best wishes,

Ms Collin, Leanne and Naomi.
The Wellbeing Team

