



Whitstable Junior School

Oxford Street, Whitstable, Kent, CT5 1DB

Tel: (01227) 272385

Headteacher: Mrs. Annie Knoupe BA (Hons) PGCE

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Friday 10th July 2020

Dear Parents and Carers,

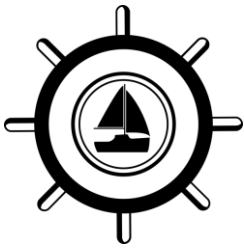
Welcome to Feel Good Friday ☺

This week we would like you to remember that there is no one way to experience things and we need to remember that our experience, our choices and our opinions are just one possible way and others may have different experiences, choices and opinions. There is room for different choices and opinions and we should always be kind and respectful.



With everything going on, it's important to teach children (and ourselves) the power of being mindful. Mindfulness is paying attention to the here and now with kindness and curiosity, and then choosing your behaviour. Here are mindfulness ideas for children of different ages:





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Amy SALTZMAN'S mindfulness FOR KIDS

www.stillquietplace.com

S IS FOR STOP...
WHEN YOU ARE FACED
WITH A DIFFICULTY, STOP

T IS FOR TAKE A BREATH...
USUALLY TAKING A FEW
SLOW DEEP BREATHS
RELAXES THE MIND.

A IS FOR ACCEPT...
ACCEPT THAT YOU'RE
HAVING DIFFICULTY

R IS FOR RESTART...
WHEN YOU ARE READY YOU
CAN TRY AGAIN OR MOVE ON
TO SOMETHING ELSE

AGES 8-11

MINDFULNESS IS PAYING ATTENTION HERE AND NOW, WITH KINDNESS AND CURIOSITY, AND THEN CHOOSING YOUR BEHAVIOR.

AMY SALTZMAN

A IS FOR ATTENTION...
SOMETIMES IT HELPS TO
STOP AND PAY ATTENTION
TO OUR BREATH

B IS FOR BREATH...
USUALLY WHEN WE PAY
ATTENTION TO OUR BREATH
IT IS EASIER TO FEEL CALM

C IS FOR CHOOSE...
WE CAN MAKE A CHOICE
THAT IS KIND FOR US
AND KIND TO OTHERS

AGES 5-7

P IS FOR PAUSE...
PAUSE WHEN YOU
REALIZE THAT THINGS
ARE DIFFICULT

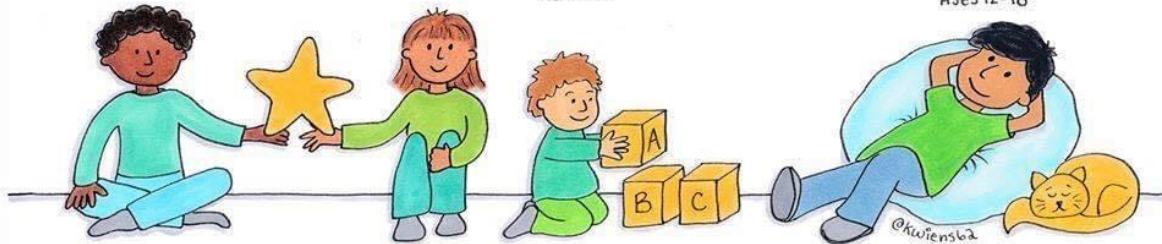
E IS FOR EXHALE...
KEEP BREATHING
SLOW, DEEP BREATHS

A IS FOR ACCEPT...
ACCEPT THAT THE
SITUATION IS WHAT IT IS

C IS FOR CHOOSE...
MAKE A CHOICE
THAT IS KIND TO YOURSELF
AND KIND TO OTHERS

E IS FOR ENGAGE
WHEN YOU ARE READY
ENGAGE WITH THE SITUATION
& PEOPLE INVOLVED

AGES 12-18



Have a lovely weekend, and we are really looking forward to seeing you in person next week on our last Feel Good Friday of the term 😊

Best wishes,

Ms Collin, Leanne and Naomi.
The Wellbeing Team

