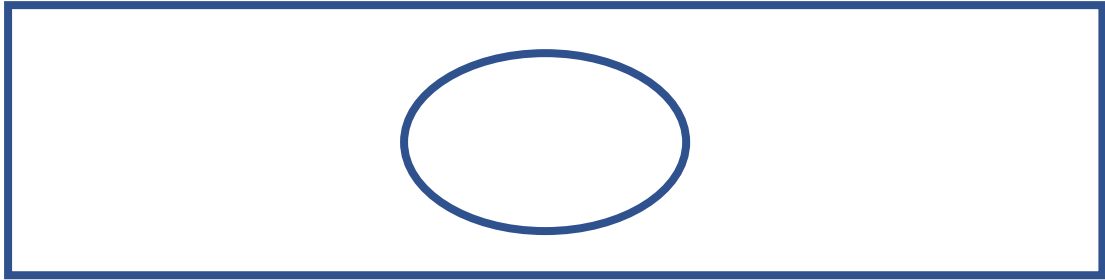


## Mindfulness

If you see someone without a smile give them one of yours.

From Mrs Elston & Mrs Smith



### Mindful nature watch.

Get a piece paper and draw a rectangle. Cut out the rectangle as above. Ask an adult to help and cut a spy hole in the middle of the shape. Take out into the garden or look through a window (with an adult) and focus through the spy hole on nature/the world around us. Be mindful of the things you see. Focus on them and nothing else. Hopefully, the tiny spy hole will help with this. What shapes do you see? What colours are there?

**TAKE CARE OF EACH OTHER.**