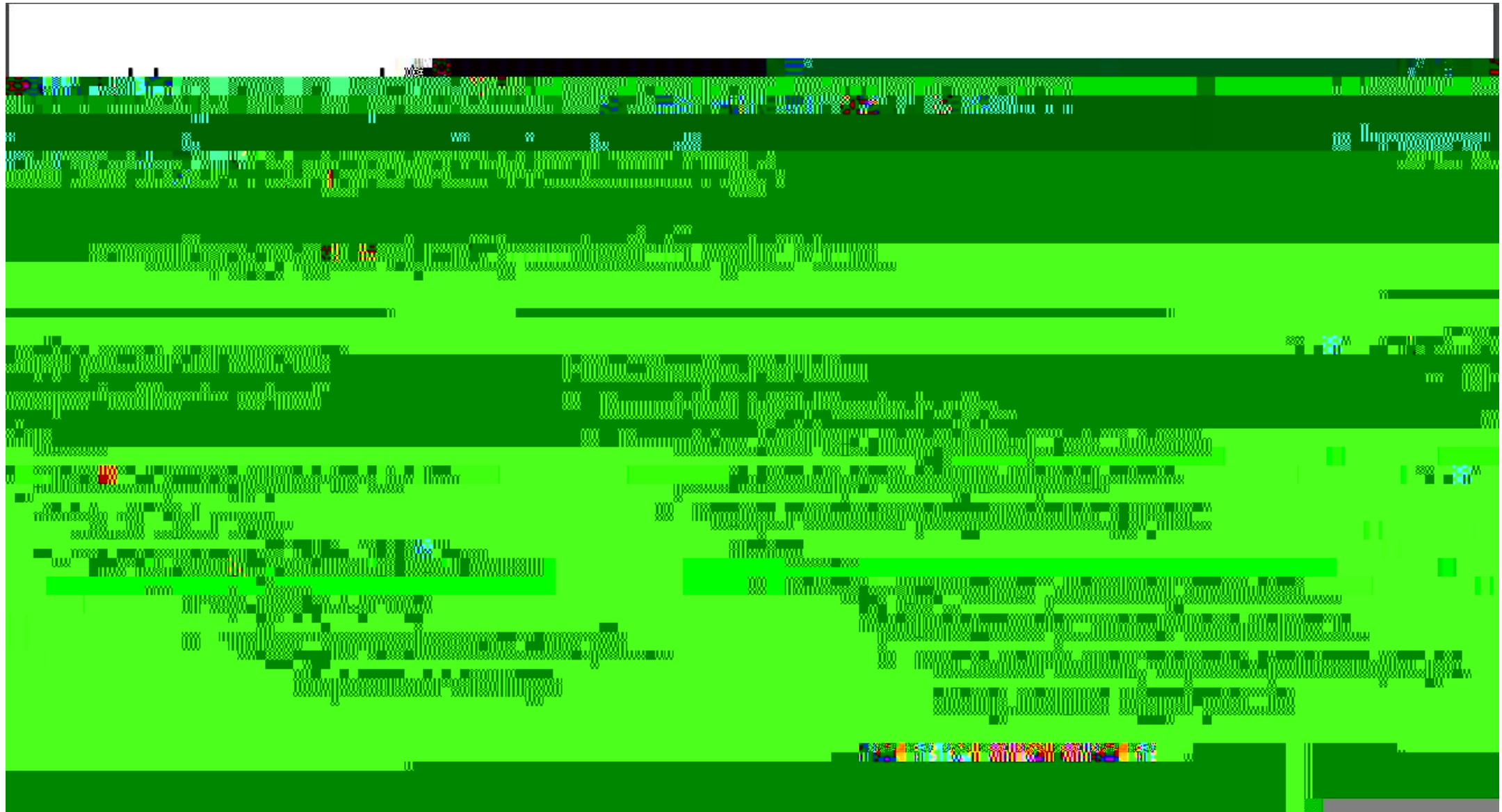




Mrs Welfair



routine?

Encourage your child NOT to:

of time without a break

Have a sense of their whole week: where

are the breaks / what's the routine

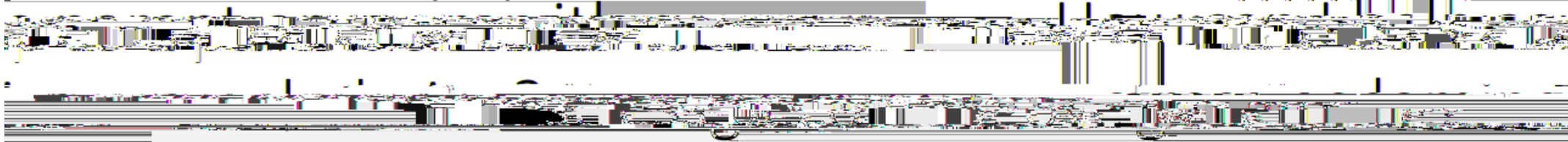
Have a sense of their whole

Multi task / procrastinate

(social media)

of time without a break

[Redacted]



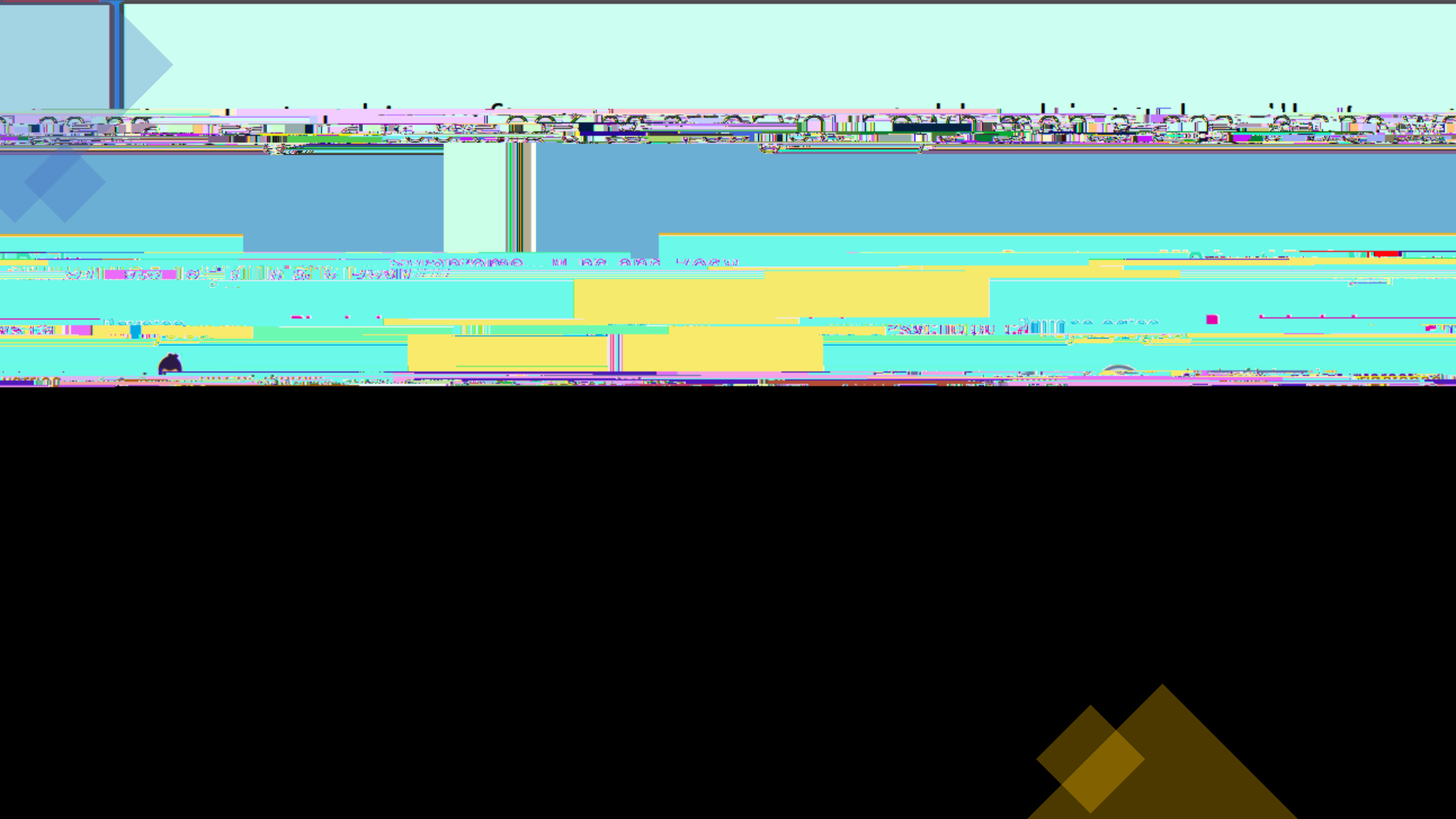
[Redacted]

Help with self care

[Redacted]

[Redacted]

[Redacted]



What you are doing, and pause

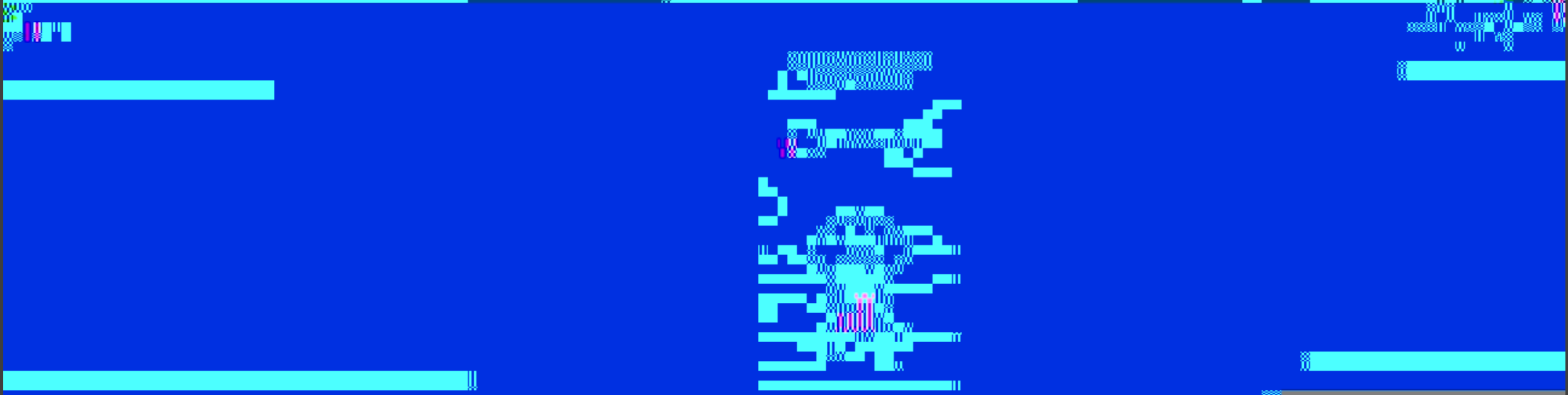
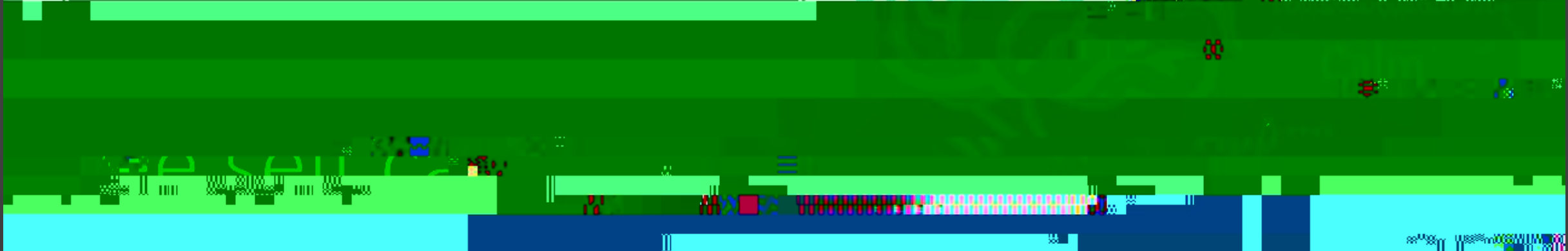
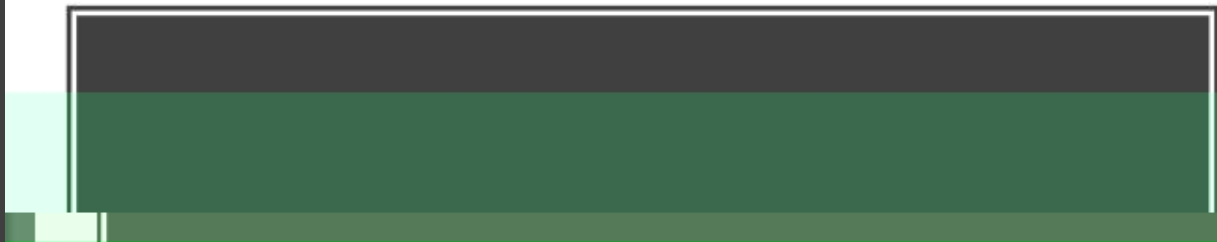
STOP what you are

TAKE A FEW MOMENTS TO CENTRE YOURSELF

OBSERVE your body, thoughts and feelings

What you were doing when you were doing

Guided





ann's

ann's

ann's new service - you name it, we'll get it for you

ann's new library - online

ann's new library - online

ann's

ann's

Free

ann's

ann's new service - you name it, we'll get it for you

ann's new library - online

ann's new service - you name it, we'll get it for you

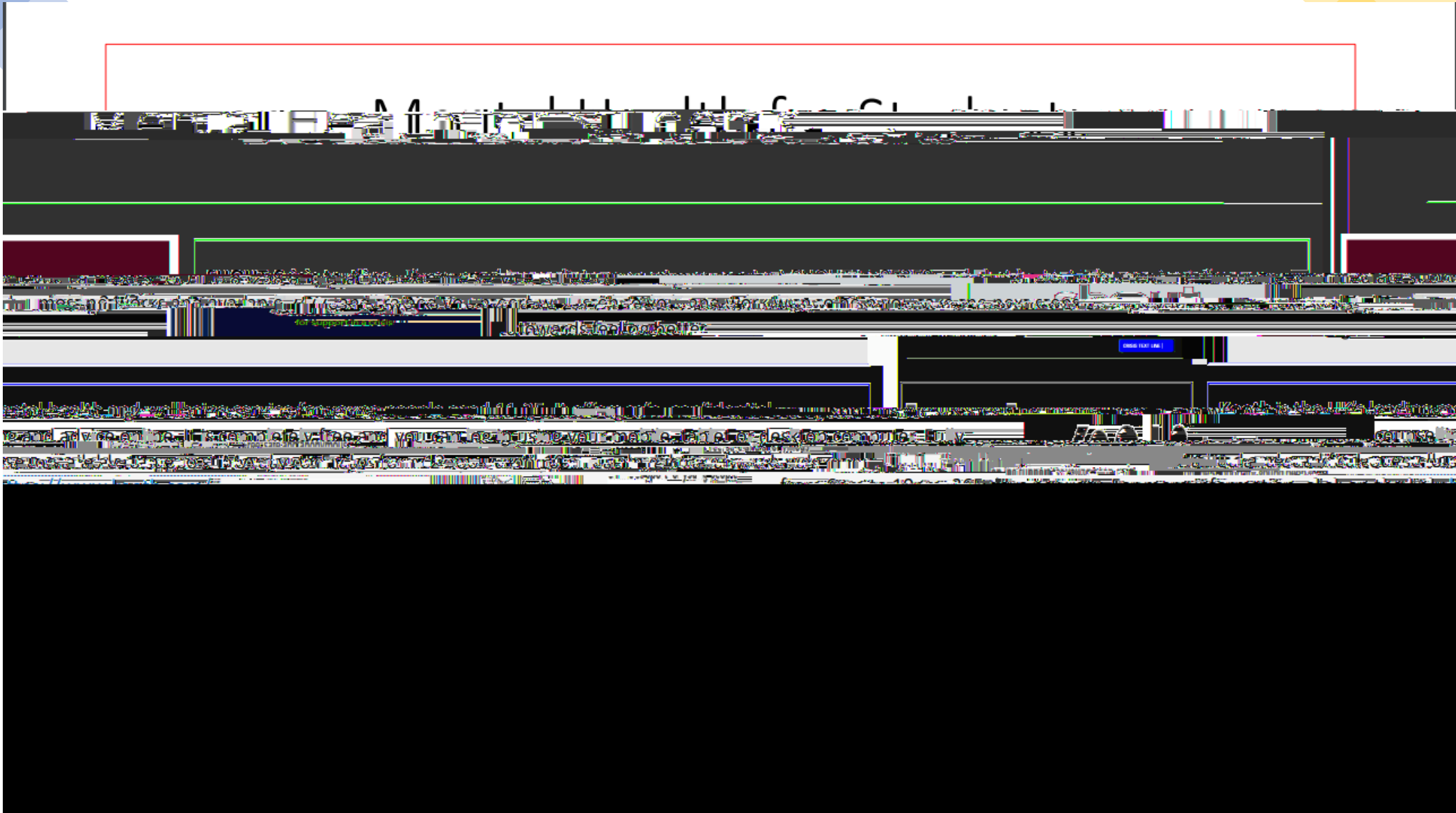
5 - 10 Minute Mindfulness Tools

- 10 Minute Meditation for Anxiety

<https://www.youtube.com/watch?v=0-25-0ve-p>

- 5 Minute Mindful Breathing Meditation

<https://www.youtube.com/watch?v=0-25-0ve-p>



- Mrs Bland

