

Yoimoji of the Week



Buddy the Mindful Alpaca

Skye has been mindful by enjoying time in the class tent with bright, relaxing lights.



Shaun was very mindful in our yoga session this week.



Christian has been mindful by joining in with drama so calmly.

Bobby has been very mindful this week, relaxing in meditation sessions and enjoying quiet, thoughtful activities such as painting and colouring.

Lily has been more present in lessons trying new tasks and challenges. Well done Lily!

Dan was mindful showing he enjoyed the calming and relaxing environment 'in the moment' during his sensory massage session.



Dominykas has been mindful in RE this week, sitting with stillness and breathing calmly while listening to meditation music.

Buddy is mindful.

I notice what is happening around me. Being aware of how I feel keeps me calm and helps me focus.



Callum has reflected on his behaviour well this week.

Max was mindful when playing with Reyansh by placing his hand on the switch to operate the toy.

Brandon has worked really hard to be mindful and focus on one thing at a time this week.

Eddie has been aware of his feelings this week and has used our 'colour monster' display to express them.

