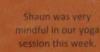
formoir of the Week

Queen Elizabeth Schoo







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



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



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



Max was mindful when playing with Reyansh by placing his and on the switch to perate the toy

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







Buddy the Mindful Alpaca