02/10/20

## the Week oimo il ot

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

Amber has been very mindful of other people's feelings this week, congratulating others on their achievements and looking out for younger children in the playground. Well done Amber!





Callum has been mindful because he told us he was anxious yesterday.

This morning Callum is "happy because he's at school today"



Buddy

the Mindful

Ipaca

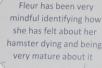
Amy has taken on her role as Peer Mentor with positivity and kindness. She is mindful about how her mentee feels and works hard to include her in the college

Leo was very mindful this week when he considered his feelings before swimming. Although he felt nervous, he worked really hard to overcome his nervousness, and get into the pool. He then had a fantastic session!





BUDDY







loseph has been mindful by thinking about all the things that make him happy. He created a poster to share all his favourite things









Queen Elizabeth School