

FIT AND FRUITY FRIDAY MEDITATION/MINDFULNESS TIME!!!

The school will have a mindfulness time on Fit and Fruity Friday and the sport committee reps have a colouring sheet for you to colour.

It's going to be a calm time with meditation/calm music in the background.



What can mindfulness do to your body?

It reduces stress and anxiety and it can get stuff of your mind, it makes your mind clear so it makes you go to sleep easier.

There is also mindful walking, it's paying attention to the stuff around You. There is also stop technique, when you feel overwhelmed, stop what your doing, take a deep breath, and unsolved your thought and feelings.





THANKS FOR LISTENING!!!!!!