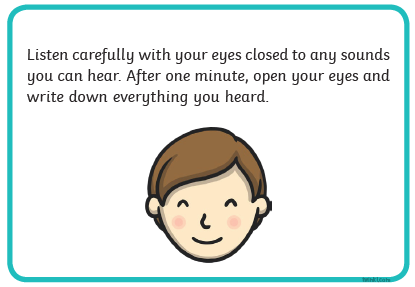
**Year 5 Mindfulness**

I hope you enjoyed your mindfulness colouring from last week. This week I thought it would be nice to do some mindfulness challenges





Don’t forget to send us pictures and updates to [admin@moorside-pri.n-yorks.sch.uk](mailto:admin@moorside-pri.n-yorks.sch.uk) or [headteacher@moorside-pri.n-yorks.sch.uk](mailto:headteacher@moorside-pri.n-yorks.sch.uk)

Hope you enjoy these challenges