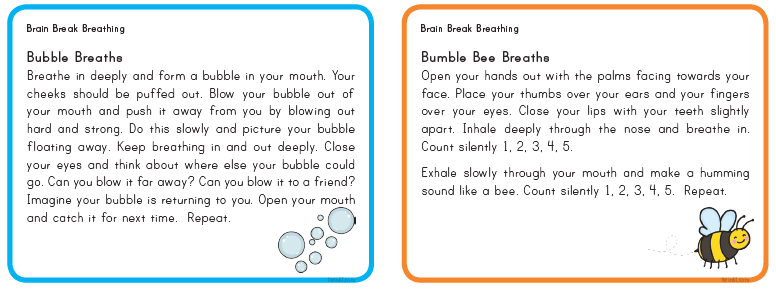
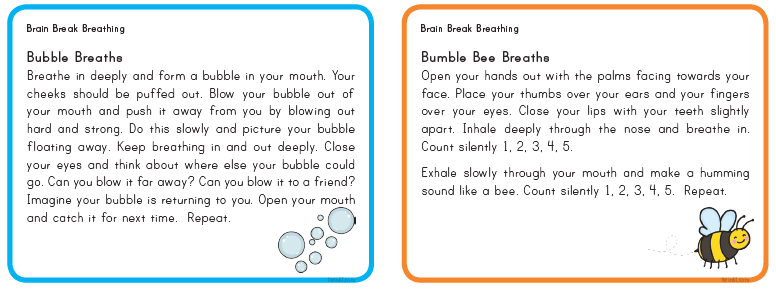
**Year 5 Mindfulness – wc 11.05.20**

I hope you are enjoying your mindfulness activities. This week I thought it would be nice to do some mindfulness breathing.





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 breathing exercises.