

## Feel Good February 😊

*Looking after our bodies and minds.*

This month we are focusing on our physical and mental wellbeing. It's always important to do this, but during lockdown we face extra challenges which may make us need to pay even more attention.

We are introducing our Feel Good February with a fun yoga session. Lots of us are sitting using computers and other screens more than usual, and moving around less. You are all great at doing PE and getting outside, so we are focusing on stretching our bodies, which is really helpful when we have been sitting for a long time.

For our first activity, try this yoga session. Find a quiet space, take your shoes and socks off and really focus on the activity. We hope you enjoy it!

<https://www.youtube.com/watch?v=tbCjkPlsaes&t=73s> (Youtube so parental permission required).

Mr Cash and Miss Armit