


Mindfulness Monday - Week 3

Family



**W**hen you  
**E**nter this  
**L**oving school  
**C**onsider yourself  
**O**ne of the special  
**M**embers of an  
**E**xtraordinary family.



Different ways to keep in contact with loved ones

<https://happiful.com/five-fun-remote-things-to-do-lockdown/>

Networks for mums


<https://happiful.com/things-just-for-mum-when-bedtime-is-done/>



How long can you balance when practising the superhero pose?



## SUPERHERO YOGA



**I am brave.**  
WARRIOR 1 POSE



**I am strong.**  
WARRIOR 2 POSE



**I am peaceful.**  
PEACFUL WARRIOR POSE



**I am kind.**  
WARRIOR 3 POSE



**I am a superhero!**  
HALF MOON POSE

For some lighthearted humour, check out **The Kabs family** on youtube

[https://www.youtube.com/channel/UCOMf1FITi-UWgT\\_k9uNOcrA](https://www.youtube.com/channel/UCOMf1FITi-UWgT_k9uNOcrA)



Why not get the whole family involved like Miss Donna did here? Create a picture from the handprints of everyone in the house. If you don't have coloured paper you could use coloured pens or pencils.



This week, Miss Katie will guide you around a secret garden.

<https://soundcloud.com/katie-doherty-858495761/garden/s-cpp77hIO4Pl>

