




Hello guys.

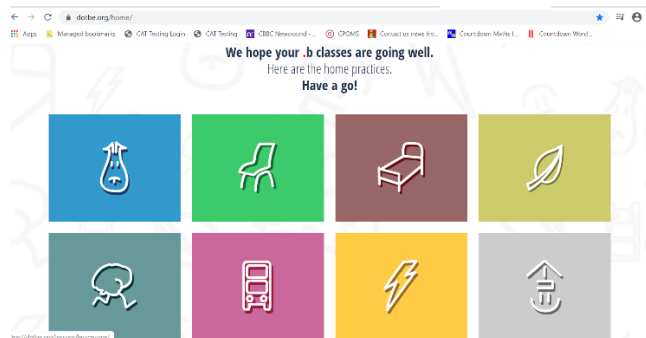
Mr T here, remember me? 

I really hope that all of you guys are managing to stay positive in your mental health, these are strange and unusual times for us all but remember, there are things we can do if we're beginning to feel anxious or panicky about the situation. Here's a few below....also, check out the PE ideas for your gymnasium garden coming soon, **STAY STRONG AND GET STRONGER!!**

Most of you have had some mindfulness lessons so this will be familiar for you.

You'll need to go to www.dotbe.org and use the password Fofboc.

That will take you to the home page that looks like this: you can click the image below.



You can click on any of the icons, on your computer or tablet or phone and you will be guided through some relaxing mindfulness practices. The first four are the ones we have looked at in class.

Also, try and remember the Five Ways to Wellbeing. As we have so much time on our hands now, it's a good time to **KEEP LEARNING** something new (online resources are great for that), **CONNECT** to those that are close around you, let your family or carers know how much you appreciate them and don't forget the most important one **KEEP ACTIVE** in whatever way you can guys.

With love.

Mr T