

## Well-being Day



'I learnt yoga poses'  
- Zac G

'I learnt how to feel  
relaxed' - Flossy

'I learnt what affir-  
mations are' - Ryan



Year 5 went on a wellbeing walk

'I learnt that resilience means never give up' - Ben



'I learnt that a bouncy ball never gives us and we should all be like a bouncy ball' Florence



'I learnt that if you give up too soon you might never do it' - Thomas