

Well-Being Winter Holiday Challenge 2024



This can be such a busy, hectic time of year for families, that we are setting you a challenge to spend some of your holiday focusing upon your well-being.

For your Winter Holiday Challenge, we would like you to focus on:

Taking time to breathe...

We would like you to create a breathing tool.

This could be a wand, stick, bracelet or something you choose to help you focus on your breathing.

Once made, practise taking slow breaths, in through your nose and out through your mouth, as you move a bead or watch your wand blow.

We'd love to see your creations. Please bring them into school on the first day back (Tuesday 7th January) so we can display them.



Strengthening the partnership between home and school