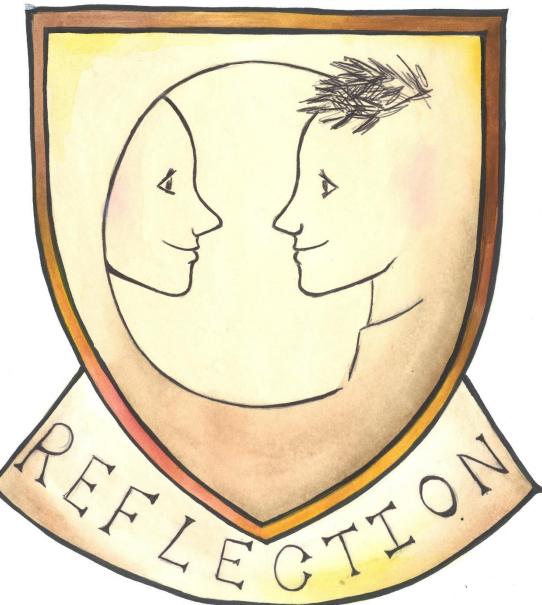


## think better learn actions done carefully Reflection time differently went person become take

## The Holy Family

- You take time to think about what you have done in order to learn about what went well and what you could have done differently or better.
- You think carefully about your actions to see how you can become a better person.



## Yoga

Yoga is a centuries-old tradition which originated in India. It includes a combination of physical stretches and a focus on

your breath. The blending of these two things help to bring a sense of calm to the body and the mind.

MO

easonin

racti



- 1. Watch this <u>video</u> to learn some simple stretches and counted breathing
- 2. The physical stretches encourage you to reflect on how your body feels; the focus on your breathing is recognised as being really helpful in soothing the mind of stress.
- 3. How might yoga help us at the present time?
- 1. If you would like to try some more yoga, try <u>here</u>.
- Alongside, take some time to reflect on the positive things you have gained from lockdown and also what has been more difficult for you.