



think
better

learn actions
well
done carefully
see

Reflection

time differently
went person
become
take

- ***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

Knowledge

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.



Reasoning

1. Watch this [video](#) 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?

Practice

1. If you would like to try some more yoga, try [here](#).
2. Alongside, take some time to reflect on the positive things you have gained from lockdown and also what has been more difficult for you.