**Mindfulness**

Choose one or more of the activities below that you would like to do.

* Follow the [mindfulness yoga](https://www.youtube.com/watch?v=Wsy2L9VvX90) activities in this video.
* Learn how to juggle. Start with two items. Please don’t use your family’s favourite ornaments! If you can manage two items, look online to practise the technique for three items. Click on the link! <https://www.wikihow.com/Juggle-Three-Balls>
* We had planned to learn more about drawing this half-term so practise your skills by doing some nature sketches in your garden or during your daily exercise.