

## Summer Term 2 Week 1 PSHE

### PSHE

This week we are focusing on well-being and there are three tasks we would like you to do:

- 1) We would like you to click on this link <https://stories.audible.com/discovery> and with the support of an adult choose a story to listen too.
- 2) Go on to this Website and chill with yoga.....<https://youtu.be/X655B4ISakg>
- 3) Create a design with all the images that help you relax.

