

Headteacher:
Mrs Annabel Berry

Chair of Governors:
Mr Philip Emms

Safeguarding Officers:
Mrs A Berry; Mrs L Poole; Mrs A Bateman;
Mrs E Johnson; Miss S Lockett



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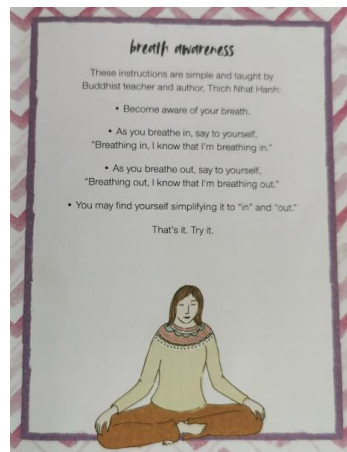
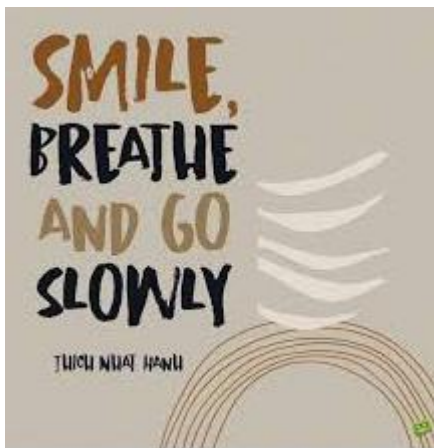
Dear Parents & Carers

22/06/2022

Remember to Breathe

If we are stressed, panicked or unhappy we can usually feel our breathing in the top part of our chest. We need to take a moment to notice our breathing. Then consciously breathe from the lower part of our abdomen. Next, slow down our breathing, see how quickly we start to calm down. Try to make deep breathing a habit.

Be aware of our own breath and take time in our day to adjust it. If we are having an argument or feeling emotional, literally take a few deep breaths- remove ourselves from the situation to somewhere a bit quieter and breathe deeply. It really works!



Miss Lockett and Miss Moore
Wellbeing Lead

<https://www.southwestyorkshire.nhs.uk/wakefield-camhs-resources/>
<http://www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-being-kind-to-yourself>

