



The next Take 5 focus for this week is 'Take Notice'. Taking Notice is about making time to appreciate the world around us and the people in it. Being aware of the present moment and your own thoughts and feelings can help you positively change how you're feeling about life. This is also known as mindfulness and it can really help you to be calm and deal with anything that life may throw at you, such as a pandemic and home schooling! Mindfulness techniques are something that as a school community we are always trying to encourage our pupils to use to improve resilience and mental well being.

'Take Notice' can be as simple as taking 5 minutes out of your day to appreciate something new, checking in with a friend or noticing the seasons changing.

Here are a few quick and easy ideas to help you 'Take Notice' of the world and the people around you.

- Get creative and take some photos with the world around you
- Explore your local neighbourhood and maybe find something you haven't noticed before
- Listen to a new piece of music
- Ask someone how they are feeling and really listen to what they say
- Have a 'clear the clutter' day
- Try something different for breakfast or lunch
- Try a mindfulness activity such as meditation, colouring or mindful breathing.



Watch this short video with your child for some ideas about 'Take Notice' and please send any relevant photos to your teacher this week. https://www.youtube.com/watch?v=ZDQU_I0R4bY

From all of the teachers in Ballykeel 😊

