



# Picture News

at Home

11<sup>th</sup> March 2019

What's going on this week?



Education secretary, Damian Hinds has announced a new pilot for up to 370 schools for the teaching of mindfulness. The pupils in the chosen schools will be taught mindfulness techniques and breathing exercises as part of one of the largest mental health trials in the world. The UK schools will offer the lessons to improve wellbeing and help to regulate emotions.

*Things to talk about at home...*

- 🍏 What kinds of things make you feel happy?
- 🍏 What are your favourite lessons at school? Would you like to see lessons that teach you different strategies and ways you can be happier?
- 🍏 Is it possible to be happy all the time? Do you think it's important that we learn about how to deal with sadness too?

*Please note any interesting thoughts or comments here...*

