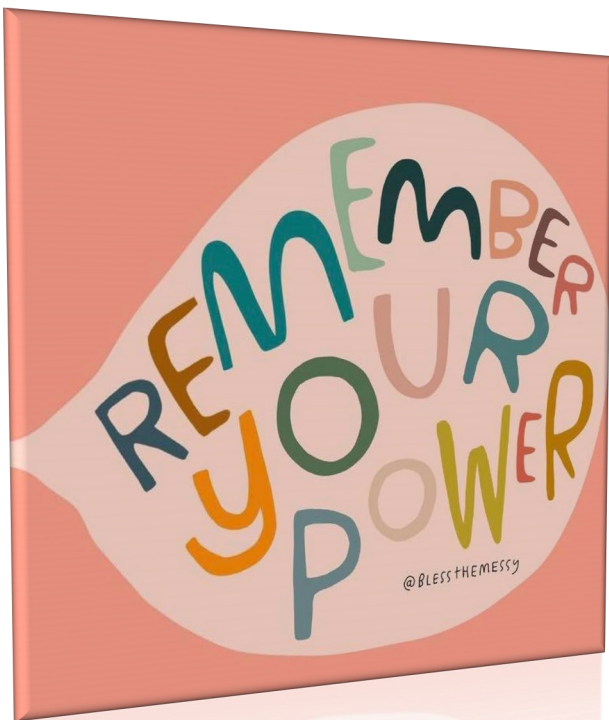
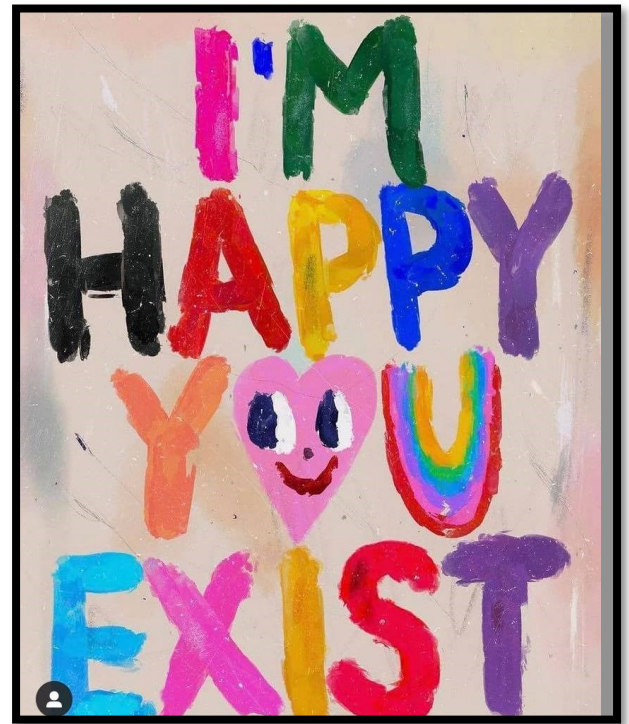
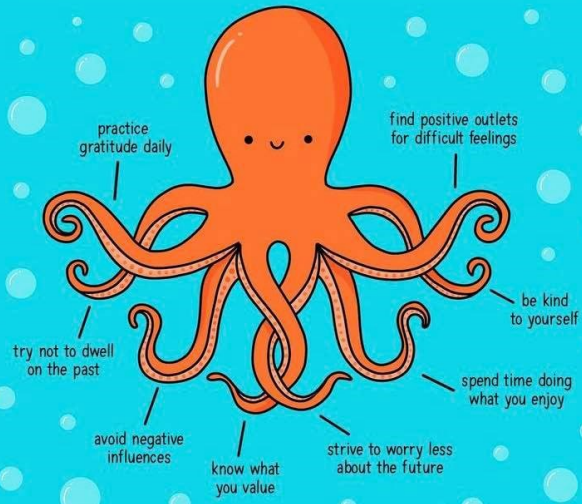


THE OPTIMISTIC OCTOPUS

8 PRINCIPLES FOR STAYING POSITIVELY PRESENT BY @POSITIVELYPRESENT



Did you know?

Did You Know?

The sentence, "The quick brown fox jumps over the lazy dog" uses every letter in the English language.

A hippo's skin can grow to **6 cm** thick.



The ball on top of **a flagpole** is called the truck.

It's possible to lead a cow up stairs but not down.



Year 3

Year 3 have had a fantastic time during their outdoor learning day. From dancing and performance poetry, to maths skills and fire making. Resilience and aspirational attitudes were demonstrated all day!





The good news keeps on coming...

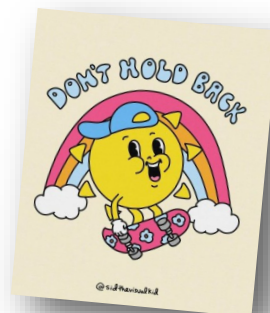
The good news keeps on coming...

Rebeca in Russia class climbed Mount Snowdon in North Wales during the half term! WOW! This took her 6 hours, her brother Justin in Year 1 also managed the climb too. You two have really demonstrated so many rainbow values. Well done!



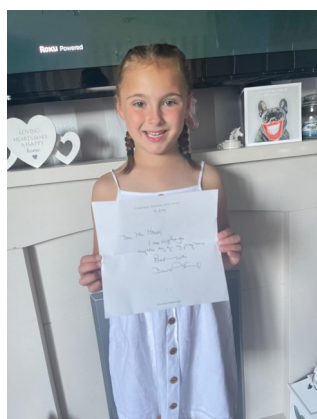
Here is Oliver and Jessica...

They have shown noble rainbow values as they fundraised for the Suffolk Hedgehog Hospital by selling and growing vegetables at home. Well done!



How creative! Max your artistic skills are to be admired by all.

Check out our aspirational baker, Arthur. Arthur shared with us that he had got through to the final stages of Junior Bake Off. Such an incredible achievement.



How exciting! A letter from David Attenborough....Keep up the brilliance!!



PLAY POD has commenced!

Year 4

Year 4 have been imaginative. During DT, they have become a new business by adapting a recipe to create and make their own branded biscuits. They had to research, design, make and evaluate some biscuits. They had to work out what their profits were going to be and design a company logo to advertise as part of their packaging. They even excelled making 3D river models. Year 4 are unstoppable!



An exhilarating outdoor learning day!

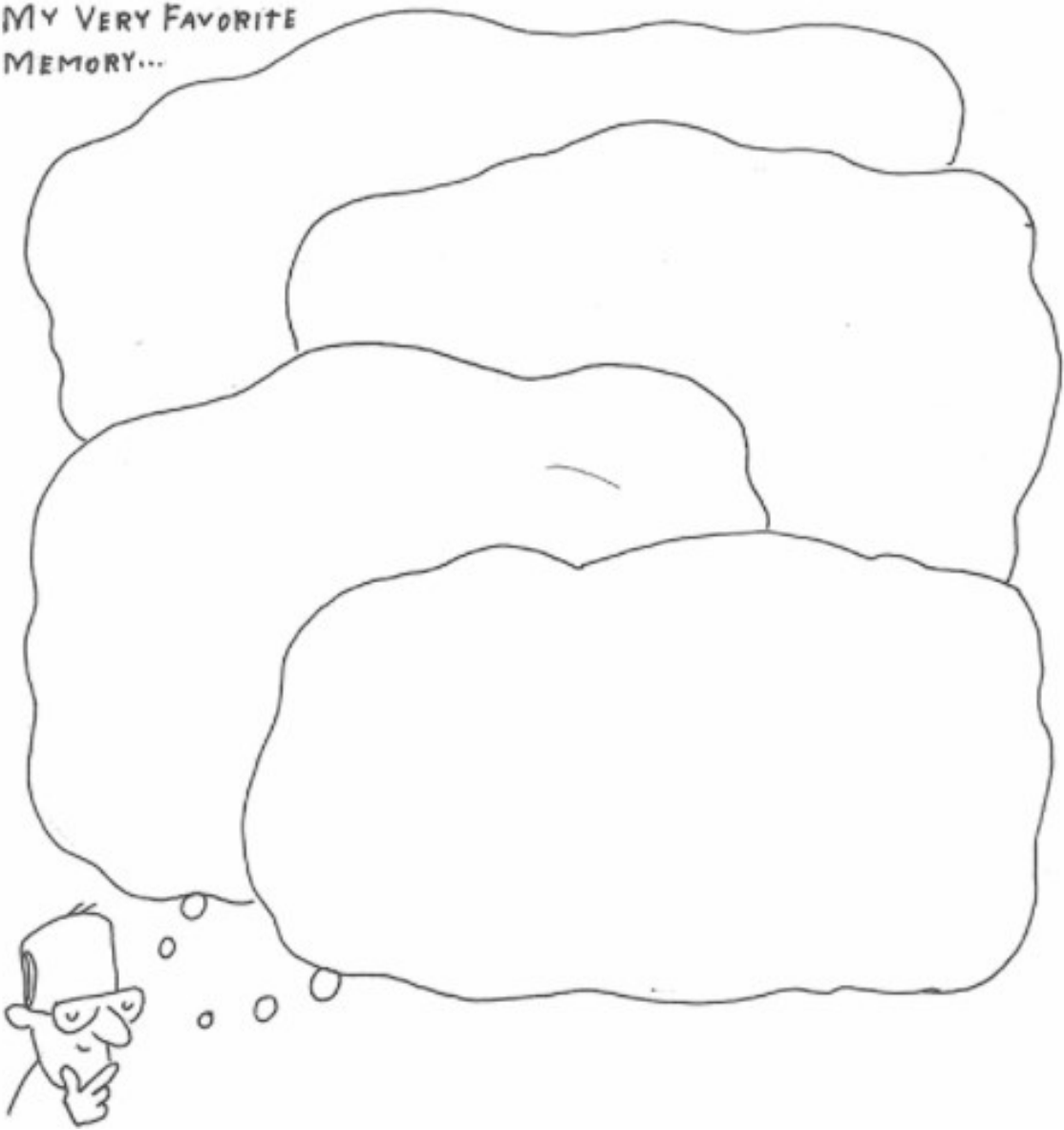
Year 4



As part of their science 'plants' module, year 2 have grown a rainbow of veg - check out the radish peeking through!

We love to see the **rainbows!**

MY VERY FAVORITE
MEMORY...



Create the joy...

UNWORRY ISLAND

Design your own UNWORRY ISLAND, a place you can imagine and visit whenever you need to, especially at bedtime if worries are stopping you from sleeping.

What do you eat? Fruit from the trees? Fish from the sea? An endless supply of ice cream from a cafe?

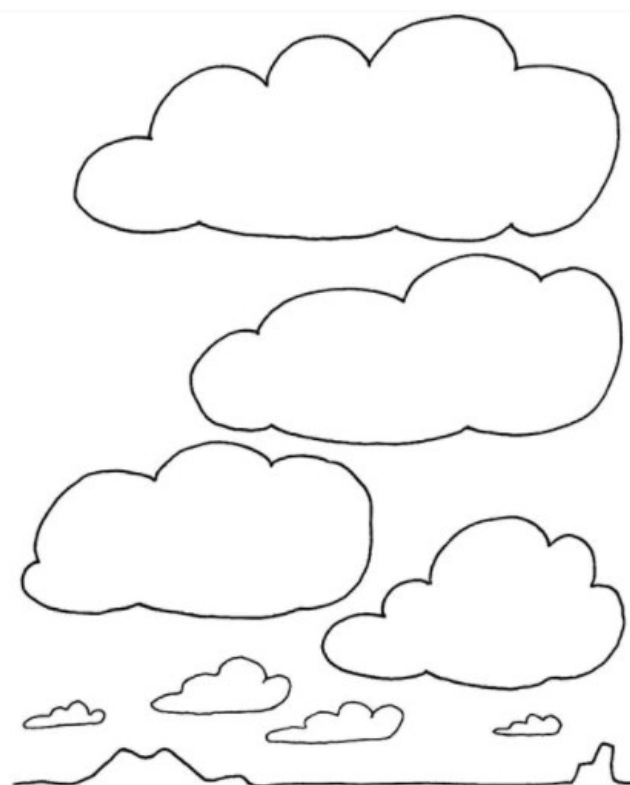
It doesn't have to be realistic. This is YOUR unworry island - it can be absolutely anything you want, as long as there are no worries there.

What's the weather like?

Who else is there with you? Or are you on your own?

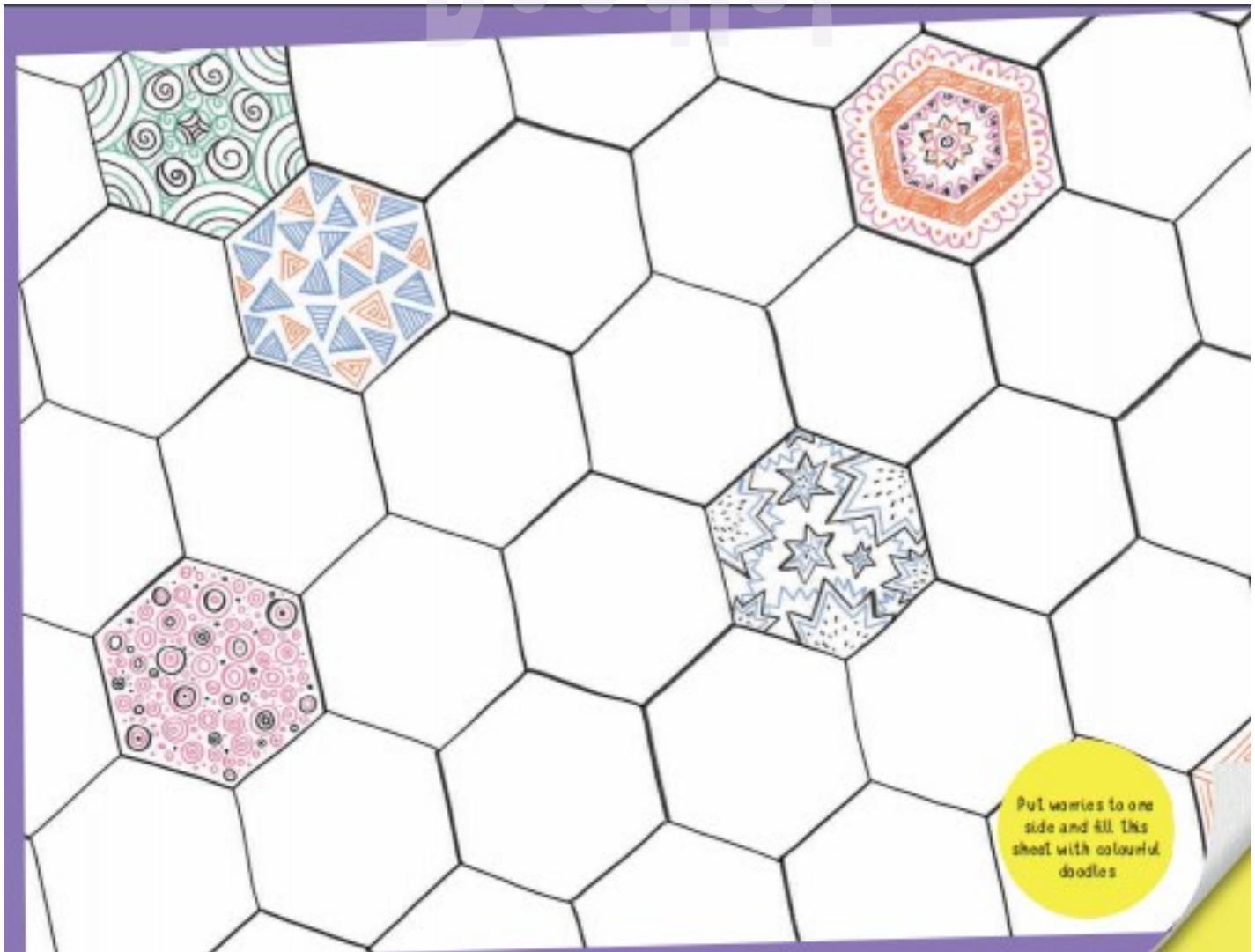
What do you do? A hot? A beach? An igloo?

The more you use your island to relax, the more helpful it'll be. Scientists call this process **CONDITIONING**. You train your body to **RELAX** whenever you imagine the island. So don't just visit the island once, pop back again and again, and add or change things whenever you like.



CLOUDS FOR YOU TO FILL WITH JOY.

Doodle!



sometimes things are going great,
and you're all happy frog.



UNHURRY

RELAX

RECHARGE

UNWIND

REGROUP

BREATHE

SLOW

CALM

SLOTH

STRETCH

SNOOZE

CHILL

MEDITATE

T F A R Y E C A C O
A G R D A O H A H F
P C L N L D A R I G
U S O L W Y R N L E
O W I N D S U R L R
R E A T M L A C U Y
G R E L A N J A G N
E Y F U N P S O B H
R E L A X C T M R L
S M U D A R R H E R
U R N L A X E A A Y
C K I E R E T R T R
R T Y U D Y C G H U
N V O A T H H Y E N
S H N A O R Y E L L
H A B R E T Y H R U
G E N T L S L O T H

Year 5

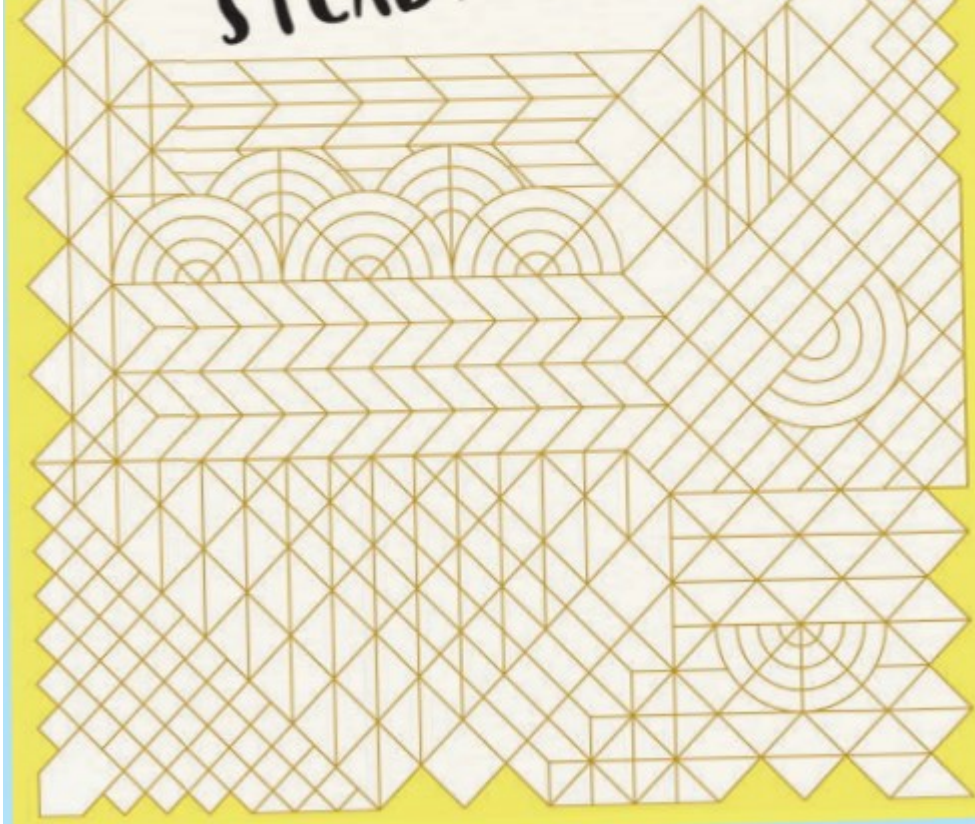
Year 5 have had an amazing outdoor learning day. They did a mission impossible, don't touch the lasers, hot chocolates, scrap store and guide your blindfolded partner around a course. The co-operative skills and resilience was commendable.



Colouring can help you relax, by giving you something to focus on.
But different ways of colouring suit different people, in different moods.
Which of these two techniques do you prefer?

SLOW AND STEADY

Fill in this pattern with any colours you like, but do it as slowly and carefully as you can.



FLAT ON YOUR BACK

When you're lying down FLAT, you're in the best position to relax.
Give these flat-on-your-back relaxation techniques a try.

BELLY BALLOON

1

Lie on your back and place your hands on your tummy. Imagine your tummy is an empty balloon.

2

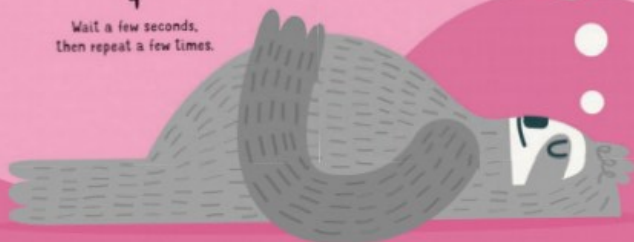
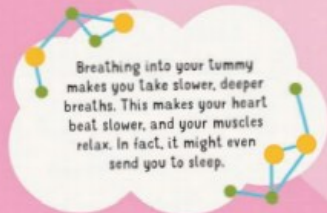
Breathe in through your NOSE and count to four. Feel your tummy fill up with air.

3

Count to two, then slowly breathe out through your MOUTH. Your tummy should deflate.

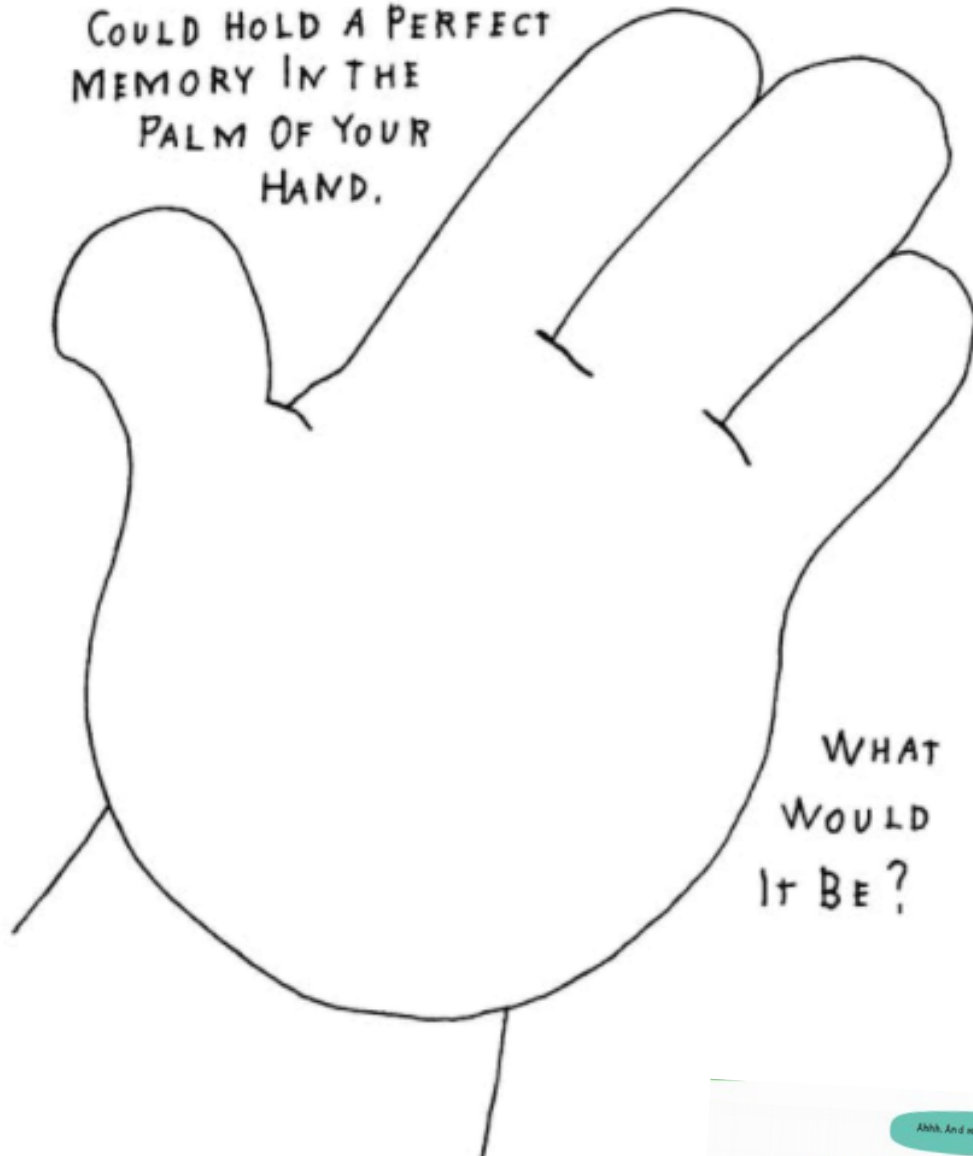
4

Wait a few seconds, then repeat a few times.

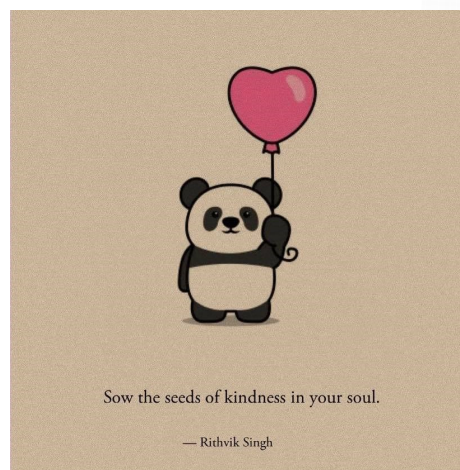


Creativity

IMAGINE THAT YOU
COULD HOLD A PERFECT
MEMORY IN THE
PALM OF YOUR
HAND.



WHAT
WOULD
IT BE ?



Sow the seeds of kindness in your soul.

— Rithvik Singh



**The next issue of the Jolly News
will be Friday 9th July!**