

# BLUE SKY LEARNING



## What we did well !

WE HAVE SEEN REALLY NICE  
MANNERS THIS TERM. KEEP IT  
UP!

*"If my mind can conceive it, if  
my heart can believe it, then I  
can achieve it." - Muhammed  
Ali*

Summer is here! And we are at the midway point of the year. How has this year been for you, so far and what are you looking forward to?

Just before half term, Carol, our newest learning mentor to BSL joined us. If you haven't met her yet, give her a wave and smile to make her feel welcome!

Next week swimming starts with Ryan which should be a great relief with this weather. Also now the temperature is climbing we must make sure we are wearing sun screen and have our water bottles. Bringing these along with you daily is super important so we can enjoy the warm weather safely.

For your diary:

14TH JUNE - INSET DAY  
23RD JULY- LAST DAY OF TERM



# Midnight's bedtime yoga



**"I am strong like a tree"**

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



**"I am resilient like a rock"**

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



**"I am still growing, like a seed"**

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor.



**"I am beautiful like a butterfly"**

Cobbler's Pose: Sit on your bottom with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



**"I am me and that's who I'm meant to be"**

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up.

Yoga is used worldwide to strengthen the mind and body.

It is a practice that is done in the morning to wake the body up and get energised but also in the evening to calm down and process what you have done in the day.

Here are some poses you can try. Don't worry about being perfect, the best thing about yoga is that it comes in a lot of forms so just have fun and do it your own way!

**Sometimes yoga can be used alongside mantras (In Blue)**

**A mantra is something special you say or melody you hum to yourself if you want to remember something important or to concentrate**



The term Yoga (Pronounced "Yo-Gah") comes from the sanskrit word meaning "Union" and it has been practiced for centuries all around the world for centuries by many. From tiny toddlers to the elderly, lots of people do it to strengthen the body and mind. So you're never too old or too young to give it a go !

