

Senan

Thank You for taking the time to complete the 6 week programme.
All feedback from staff and pupils would be greatly appreciated.

Please write/draw in the space provided below...

ReNew you

mindfulness • meditation
life skills • relaxation

I enjoyed the belly breathing.
I liked being on the bean bag.

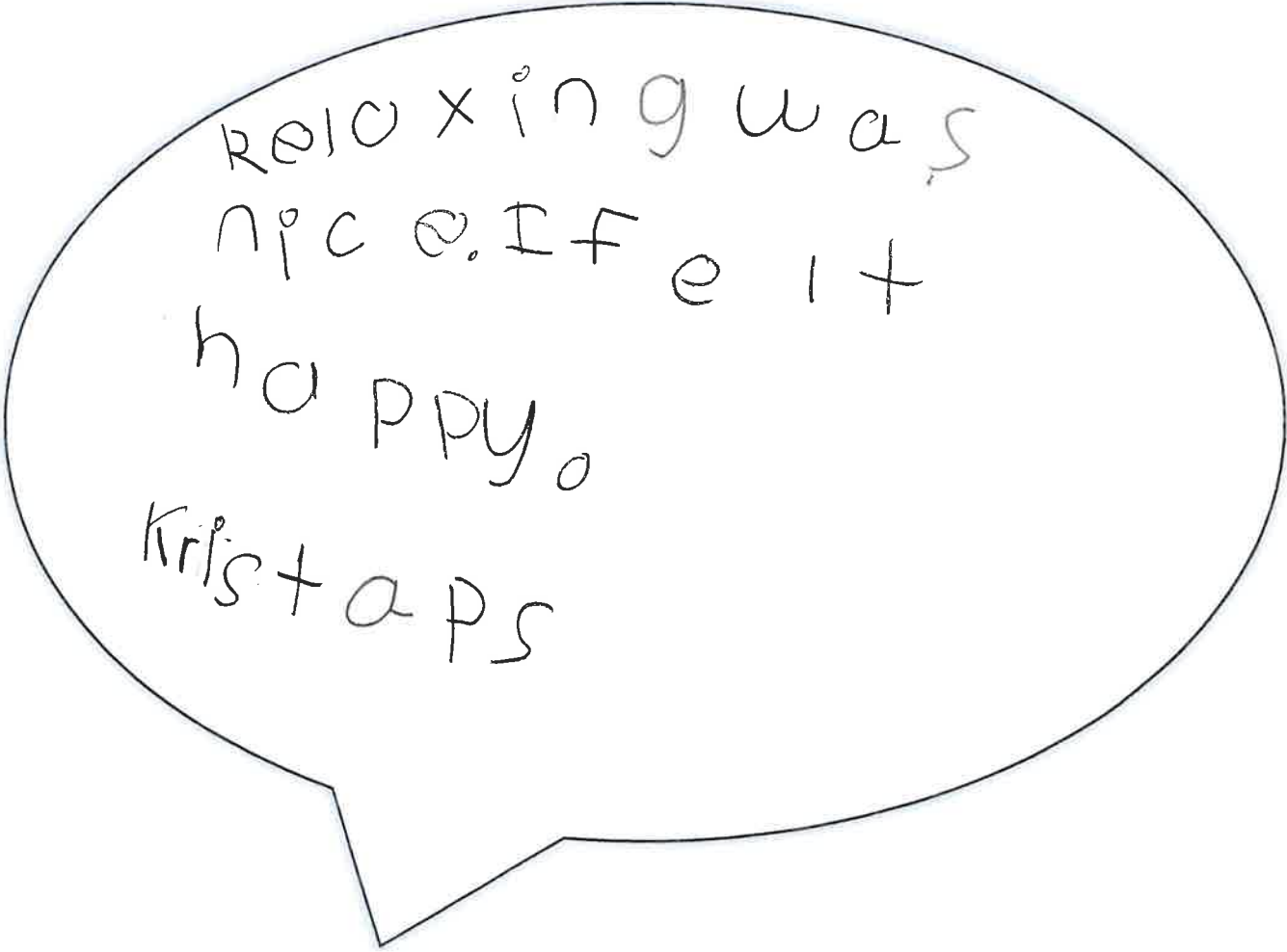
Senan

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relaxing was
nice. I feel it
happy.
Kris + a p s

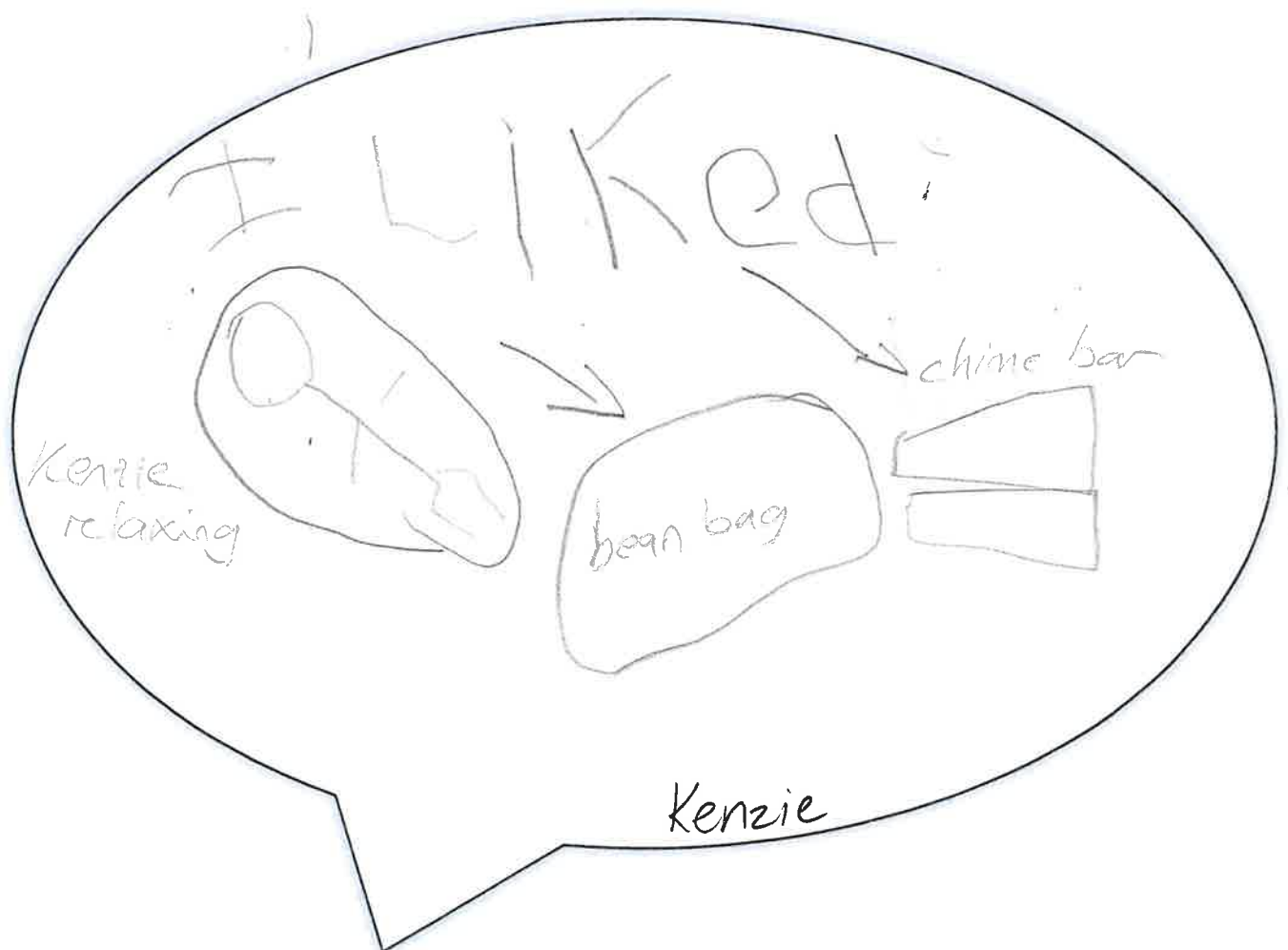
Kenzie

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I liked eating the
apple slowly and doing
my belly breathing. Laying on
the beanbags was lovely.

Matthew H

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I like the chime bowl
because it was so nice.
I felt so relaxed.

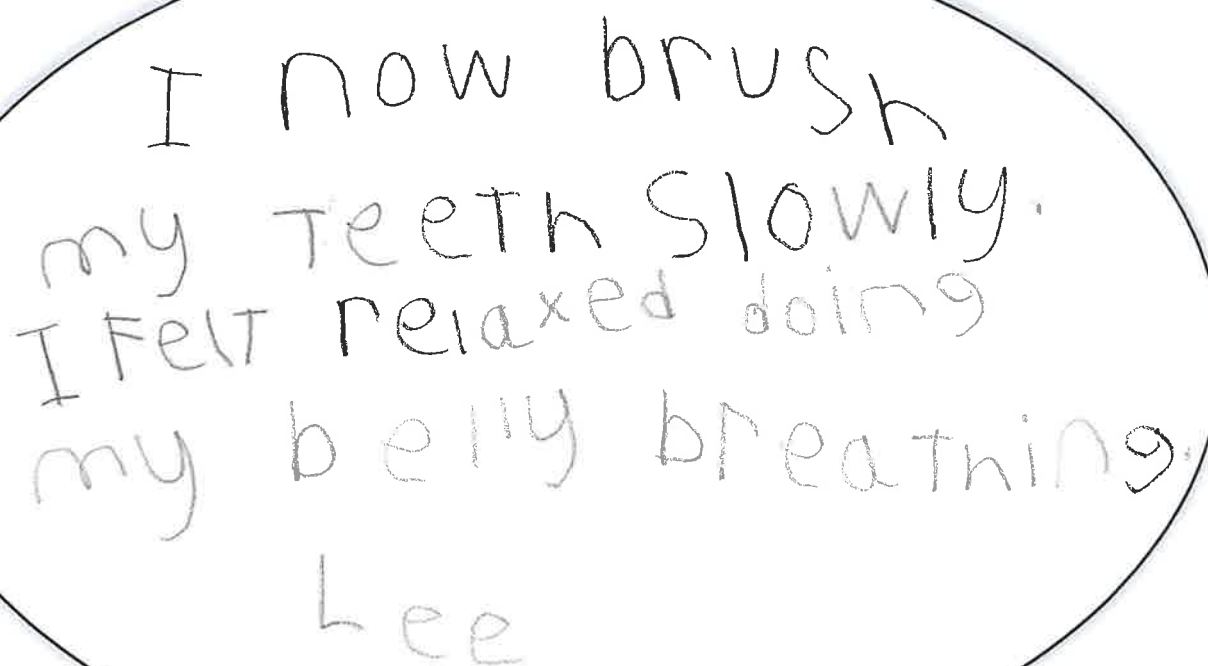
Cody

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I now brush
my teeth slowly.
I felt relaxed doing
my belly breathing.
Lee