## We have recently launched the ‘Take 5’ programme in school.

## Take 5 is a safe, resilience building skill set based on breathing, grounding and awareness.

## Mrs Yeaman and Mrs Dixon are the lead trainers and will be training a group of children to become ambassadors to eventually lead the programme and train other ambassadors within school.

## Take 5 has been designed to help support children’s emotional well being, coping strategies, reflection for better choices and inner self calm.

## Take 5 will take place in every classroom after assembly and after lunchtime. It is a five minutes breathing and reflection exercise that will aid the learning environment for all.

## Please go to the website [www.eachamazingbreath.org](http://www.eachamazingbreath.org) for further information.