**Wellbeing Workshop – Year 1&2 Children and Parents**

**Would you like to have the opportunity to work with your child in school?**

Dear Parent/Guardian/Grandparent

School has booked the Family Learning tutors from Halton Borough Council to run a **‘Wellbeing Workshop’ for families in Year 1 & 2** at school on **Thursday 6th February 2020** from **9.00 – 10.30 am**. During this time you are invited to join your child in school for a variety of fun and hands on activities that focus on, and create discussion around, how we can ensure we have a healthy lifestyle and good mental wellbeing.



Activities will focus on the 5 Ways to Wellbeing

* Yoga
* Keep fit exercises
* Positive thinking
* Mindfulness meditation
* Considering others

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**Please complete the slip below and return it to school to book your place.**

I would like to attend the **‘Wellbeing Workshop’** for Year 1&2 children.

Parent’s Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Child’s/Children’s name(s):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Child’s/Children’s Year Group(s):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_