

## Term 3 and 4 - Marvellous Moments in Squirrel Class

To keep everyone active and promote different sports for children to get into, we got involved with a local cricket club. Every week we were lucky enough to be given the chance to learn the skills needed for cricket such as throwing, catching batting and fielding. We then applied all of these to the rules of the game.

The children loved learning something new every week and were always competing for 'Player of the Week'. These were given to those who showed determination, resilience, team work and improvement.

It was great to see the children motivated and excited to try something new. Has anyone been tried playing cricket again? I would love to hear of any new skills, sports and clubs that people are getting involved in.



We have also started to think about own health and well-being. Once a week we have been trying to use different well- being strategies to help us relax and re-energize our minds and bodies. Our favorite so far has been our meditation, where we lie down and focus on our breathing. Some of us where so relaxed we almost fell asleep!!

