**Self-isolation- How can we be Mindful?**

As a country we are currently staying at home to stay safe.

You might be feeling lots of emotions during this time. You might be *happy* you can enjoy the sunshine in your back garden. You might be feeling *proud* and celebrating our fantastic NHS and Key Workers by clapping for them every week.

You also might feel *sad* if you miss your friends, family and maybe even school?

If this is the case we have something that might help you.

**The story is called The Invisible string by Patrice Karst.**

It is one of our favourite books to offer comfort and understanding.

<https://www.youtube.com/watch?v=gJNwqtr8Oww>

Have a listen to the story, think about what it is saying.

Do you understand the Moral of the story?

**Activity: Can you write a list of who your invisible string connects to? You could even draw and labels this.**

**Stay safe!**

**From The Nurture Team**