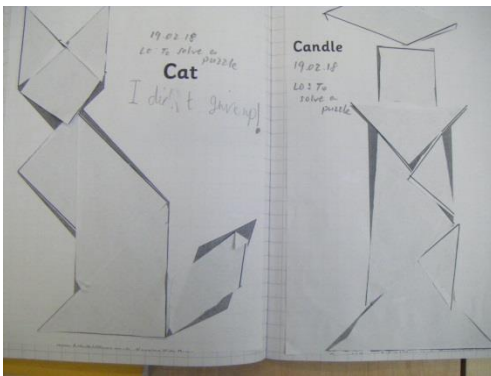




Activity 10 - Tai Chi and Chinese New Year



To celebrate Chinese New Year, we all took part in a Tai Chi workshop!



It was amazing for our mindfulness and wellbeing. Each class had a relaxing thirty minute session.



In each class, we also did some Chinese New Year activities including Chinese colouring in (mindfulness activity), creating dragons and completing Chinese

tangrams in Maths. Each class learnt more about the Chinese New Year and the year of the dog.

