

We all know the whirlwind
the end of term can be,
especially during this time.
So remember to S.T.O.P this
summer holiday, slow down
a racing mind and stay
present in the moment.

You deserve it.



S

STOP what you are doing, and pause

T

TAKE a few breathes to centre yourself

O

OBSERVE your body, thoughts and feelings

P

PROCEED with whatever you were doing