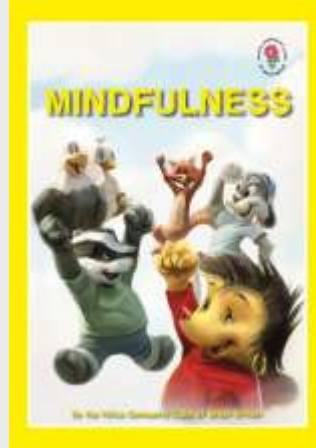


Barney
and
Echo



Barney and Echo Educational Resources

Mindfulness



Mindfulness..... Mental Health is just as important as Physical Health

With the major changes that have affected all our lives following the pandemic, now more than ever we should all be mindful how these adjustments have impacted our children.

We should look to educate them to be as open and honest as possible on how they feel and how mental health and wellbeing plays just as big a role in their lives as being physically well.

The book is punctuated by activities that develop the learning objectives for the children.

Mindfulness is a fun and interactive support to children's citizenship education in primary schools.

MINDFULNESS





are all your friends here Buddy and we

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I couldn't
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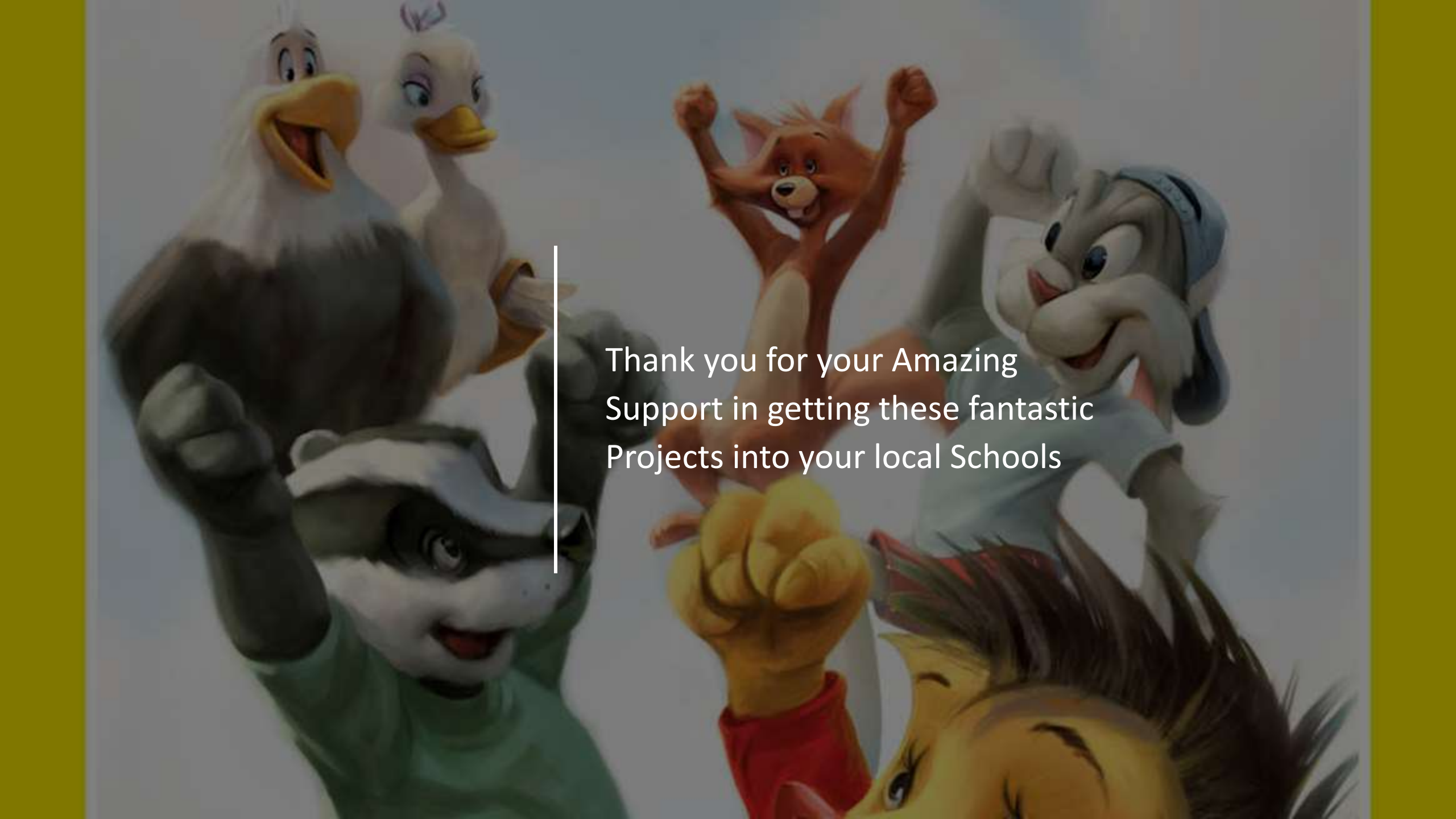


And I bet that
the worse you felt,
the worse you were at the skipping," said Patricia.

"That's right!" said Buddy.

"So do you think it was the skipping rope that stopped you being



A group of Looney Tunes characters are shown in a celebratory mood, with their arms raised in the air. The characters include Daffy Duck, Sylvester the Cat, Bugs Bunny, and others. The background is a plain, light color. The text is centered over the image.

Thank you for your Amazing
Support in getting these fantastic
Projects into your local Schools