

# *Mickey's Mindfulness Challenge*

*17th March 2023*



## *And breathe...*

*It's important to every now and then take time to stop...breathe...and enjoy the moment. This is what we want you to do this weekend. Take time to do something that you really enjoy or to try something different that you have all wanted to do.*

*I do **NOT** want you to record what you have done.*

*I do **NOT** want you to write about what you have done.*

*I want you to take time to enjoy each and every moment of your weekend...and breathe!*

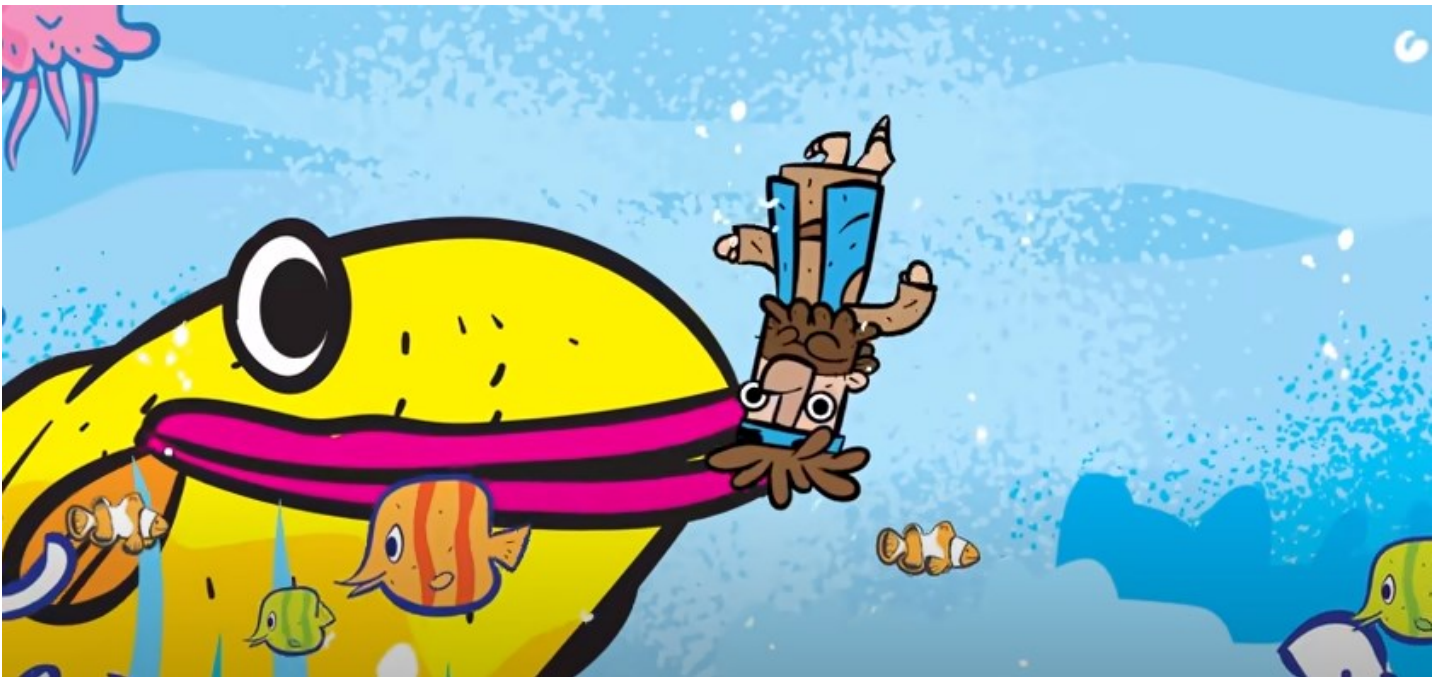
# Story Time With Jesus

17th March 2023



For this week's Story Time With Jesus we hear a story from the Old Testament all about a man named Jonah who was swallowed by a whale! Follow this link for the story:

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



In line with Mickey's Mindfulness Challenge you can just watch and enjoy this story. You do NOT need to record it.

*(if the above link doesn't work when typing please visit our Class Dojo page. I shall post a link for this video in my end of week message)*