Hi Rowan class and parents,

I hope you’ve had a good week learning at home.

We’ve had a busy week at school learning all about Australia! It’s a place I have never visited before but now it’s definitely on my ‘to visit’ list! I am not a very good flyer, but facing your fears is a good thing as it can help you overcome them.

Sometimes when we fear something, we fight it. Sometimes we run away from it. Sometimes we try to push through it.

Try to watch this video from Cosmic Kids Yoga, which talks about facing fears.

<https://www.youtube.com/watch?v=so8QN9an3t8&safe=active>

Have a think about some of the things Jaime says in the video and if they relate to you.

Have a good week ahead,

Miss C ☺